

Lanercost CE Primary School



Care Believe Achieve

Packed Lunch Policy 2020

Reviewed July 2020

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| This policy was adopted at a meeting on the | 10 th July 2020 | |
| Held on | <hr/> July 2020 | (date) |
| Date to be next reviewed | <hr/> July 2021 | (date) |

Name of signatory

Role of signatory Chair of Governors

Karen Reed

Overall aim of the policy:

As part of our healthy school status and the Whole School Food Policy, we want to ensure that all packed lunches brought from home and consumed in school (or on school trips), provide the pupil with healthy and nutritious food that is similar to the food served in school which is now regulated by national standards.

How and why the policy was formulated:

- To make a positive contribution to children's health.
- To promote consistency between packed lunches and food provided by our kitchen so that all children are eating a healthy lunch at school.

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours from September 2020

Packed lunches:

Should encourage healthy eating.

Things that can be included are:

| Allowed ✓ | Not Allowed X | Limited |
|---|----------------|--------------------|
| Sandwich with healthy filling | Sweets | Sausage rolls |
| wraps with healthy filling | Chocolate bars | Pastries/pasties |
| fruit | Fizzy drinks | Ham/processed meat |
| Vegetables | Crisps | |
| Nuts/seeds (if no allergies within school) | Cheddars | |
| Cakes/traybakes (not chocolate) | | |
| Plain biscuits (no chocolate chips) | | |
| Cereal bar | | |
| Soup – children need to be able to open their own flask and pour out the contents by themselves | | |
| Yoghurts | | |
| Cheese and biscuits | | |
| Water/milk/fruit/vegetable juice/soya or rice milk | | |

School Requirements:

- The school will provide free, fresh drinking water throughout day
- For hygiene purposes, all packed lunch food must be brought in in disposable/reusable bags
- Children will be asked to bring back any uneaten food
- **Food swapping between children is not permitted**

Allergies and special diets:

Be aware of allergies (nut/dairy etc).

The school also recognises that some pupils may require special diets that do not allow for the policy to be met exactly because of medical reasons. In this case parents are requested to either speak/write to inform the headteacher.

Review Date:

The above policy will be reviewed at least every year or sooner depending upon new official recommendations and legislation.