

Lanercost CE Primary School



Care Believe Achieve

Packed Lunch Policy 2010

Reviewed October 2019

This policy was adopted at a meeting of the	curriculum and policies committee	name of setting
Held on	May 2010	(date)
Date to be next reviewed	October 2020	(date)
Signed on behalf of the management committee		
Name of signatory	Alison Clarricoats	
Role of signatory (e.g. chair/owner)	Head Teacher	

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.

National guidance:

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools toolkit (Department of Health) and Food policy in schools.

It is recommended that packed lunches brought from home are seen to be using the same Food Based Standards as school meals.

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 beginning from May 2010

Packed lunches:

Should encourage healthy eating e.g. a sandwich, a yoghurt, a piece of fruit, cereal bar or something similar and water/fruit juice

- No crisps or salty snacks
- No chocolate or confectionary
- No fizzy drinks
- A limit on the number of pastry based products e.g. pasties, sausage rolls etc.
- No chocolate chip based products

School Requirements:

- The school will provide free, fresh drinking water throughout day
- The school will provide space for the storage of lunch boxes; however, fridge space is not available in school. Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- For hygiene purposes, all packed lunch food is to be eaten from plastic plates (which will be provided by the school) or plastic or paper plates brought from home.
- Children will be asked to put any uneaten food back into their lunch boxes.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will sit and eat together.

Food swapping between children is not permitted

Government's Food-based Standards

Food/Food group	Final food-based standards for School Lunches
Fruit and Vegetables	Not less than two portions per day; per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit.
Oily Fish	Oily fish such as mackerel or salmon must be provided at least once every three weeks.
Meat Products	<p>A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight <i>across the school day</i> providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal.</p> <p>Group 1: Burger, hamburger, chopped meat, corned meat.</p> <p>Group 2: Sausage, sausage meat, link, chipolata, luncheon meat.</p> <p>Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll</p> <p>Group 4: Any other shaped or coated meat product.</p>
Starchy Food cooked in fat or oil	Starchy food cooked in fat or oil should not be provided more than three times a week across the school day.
Bread	Bread with no added fat or oil must be provided on a daily basis.
Deep-fried food – restricted	No more than two deep-fried food items, such as chips and batter-coated products, in a single week across the school day.
Salt and condiments restricted.	No salt shall be available to add to food after the cooking process is complete. Salt shall not be provided at tables or service counters
	Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.
Snacks – restricted	Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can be served as part of school lunch when served not at any other time of the school day.
No	Confectionery such as chocolate bars, chocolate coated biscuits and

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confectionery	sweets must not be provided.
Cakes and biscuits - restricted	Cakes and biscuits are allowed at lunchtime but must not contain any confectionery.
Water	Free, fresh drinking water should be provided at all times.
Healthier drinks	<p>The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice or vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above.</p> <p>Tea, coffee and low calorie hot chocolate containing no more than 20 calories per 100 millilitres.</p>

Source: School Food Trust ‘Eat Better Do Better’ – A guide to introducing the Government’s food-based and nutrient-based standards for school lunches, Appendix 1.

Special Occasions:

There will be special occasions such as birthdays and Christmas, end of school year, SATs etc when treats will be allowed.

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.

Assessment, evaluation and reviewing:

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

Involvement of parents/carers:

Parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

Linked policies:

Whole School Food Policy, PSHEE, School Council, Science, Technology and curriculum policies

Dissemination of the policy:

The school will inform all new parents/carers of the policy which is available on the school’s website and incorporated into the school prospectus. The school will use opportunities such as Life Education Bus and Sex and Relationships Education weeks to promote this policy as part of a whole school approach to healthier eating.