

 <i>Care Believe Achieve</i>	Lanercost Church of England Primary School	
Reference Number 66	Shared with Staff January 2023	Review Date September 2023
Headteacher <i>A. Wilkinson</i> Date: 3.01.2023		Chair of Governors <i>Karen Reed</i> Date: 3.01.2023
Policy Title	Packed Lunch Policy	

Overall aim of the policy:

As part of our constant aim to be a healthy school and our Whole School Food Policy, we want to ensure that all packed lunches brought from home and consumed in school, 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 will always encourage healthy eating and things that can be included are:

Allowed ✓	Not Allowed X	Limited no more than twice per week
Sandwich with healthy filling	Sweets	Sausage rolls
Wraps/split breads with healthy filling	Chocolate bars	Pastries/pasties
Fruit	Fizzy drinks	Ham/processed meat
Vegetables	Crisps	
Cakes/traybakes (not chocolate)	Cheddars	
Plain biscuits (no chocolate chips)	Anything with Sesame Seeds/Sesame seed oil in	
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 or flavoured water/milk/fruit/vegetable juice/soya or rice milk		
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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
- All cutlery must be brought from home
- Children will be asked to bring back any uneaten food
- **Food swapping between children is not permitted**

Allergies and special diets:

There are certain allergies within school. **Therefore, all parents preparing packed lunch must ensure that none of the ingredients in the lunch contain sesame oil or sesame seeds.**

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.