



Packed Lunch Policy

Introduction

Normanby Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition, documented in this packed lunch policy.

Overall aim of the policy

To make sure all packed lunches brought from home and consumed in our school give our pupils healthy and nutritious food which is similar in quality to school meals, which must meet national school food standards.

Some of our pupils have medical conditions, which mean they can suffer a life threatening allergic reaction to nut products. We therefore aim to keep our school nut free and safe for all. Packed lunches must therefore be nut free.

How and why we developed this policy

This policy was formulated through consultation between members of the school council, staff and members of the catering team. It was formulated

- To create consistency between packed lunches and the food we provide in our school, which must adhere to national school food standards.
- To help improve children's health and give them a consistent message about eating well.
- To encourage a happier and calmer population of children and young people.

Where, when and to whom this policy applies

The policy applies to all pupils and parents/guardians providing packed lunches to be eaten in school during normal school hours.

School setting

Some pupils within the school suffer from food allergies. We have a no nuts policy as some children have an extreme allergic reaction to nuts. Please avoid giving your child food that contains nuts. The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

There are no cold storage areas available, so parents and carers should consider the suitability of the items they include/ storage requirements.

Food and drink in packed lunches

- Our school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- Our school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- Wherever possible, we will enable pupils eating packed lunches and pupils eating school lunches to sit together.
- As there is no facility to warm food, if parents or carers wish their child to have

warm soup or pasta it should be in a suitable sealed container.

- School is unable to provide spoons/forks for the consumption of packed lunch items

Packed lunches should include

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel) every day.
- Oily fish like salmon, at least once every three weeks.
- A starchy food, such as bread, whole wheat if possible (rolls, pitta bread or wraps), whole wheat pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food like milk, low fat cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice, milk, yoghurt or another milk drink.

Packed lunches should not contain

- Confectionery like chocolate bars and sweets.
- Sugary soft drinks, like added sugar squash and fizzy drinks (as these drinks can contribute to tooth decay and provide little nutritional value) sports drinks.
- Nuts or nut based products
- Chocolate spread fillings for sandwiches.

Items that should be limited

- Salty snacks like crisps.
- sausage rolls, sausages, pies and pastries and fried foods.

Special diets and allergies

Our school is aware of food allergies. We have a procedure in place to manage food allergies and other special dietary requirements.

Assessment, evaluation and reviewing

Our teaching staff, catering staff and midday supervisors will review packed lunches regularly.

Where packed lunches which aren't in line with our policy are brought into school, leaflets will be included in the lunchbox to go home. If your child is regularly supplied with a packed lunch that does not meet our policy, we will contact you to discuss this.

Nut based product, sweets and chocolate bars will be removed and returned at the end of the day. School will offer items of fruit as a substitute.

Involvement of parents, guardians and carers

Staff will encourage children to eat their sandwiches/pasta and fruit first before any sweet item. We encourage all children to eat school meals. Parents/guardians of pupils wishing to have packed lunches are expected to provide lunches in line with our packed lunch policy.

Pupils will take the uneaten part/ packaging from their lunch home, so parents and carers are aware of what their child has eaten.

Sharing the policy

We will ensure that all parents/guardians are aware of this policy by sharing information via social media, assemblies, health week etc. We will use opportunities such as parents' evenings to promote this policy as part of our whole school approach to healthier eating. Our policy will be shared with all school staff including teachers, catering staff and our school nurse.

Signed: C Faulkner
Dated: March 2021
Review Date: March 2023