



## WITHYCOMBE RALEIGH C OF E PRIMARY SCHOOL

### PACKED LUNCH POLICY ADOPTED September 2022

#### Overall Aim of the Policy

The government has placed a duty on schools to ensure that every child is healthy and they have invested in improved school meals and free fruit for Key Stage 1 children to encourage healthy eating.

School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices.

The aim of the Packed Lunch Policy is to ensure that parents are made aware that packed lunches should be just as healthy and nutritious as school meals, which are regulated by national standards.

Our Packed Lunch Policy has been based on the guidance provided by NHS Change4Life and the Eatwell Guide. Further guidance, including packed lunch recipes, can be found on their website [www.nhs.uk/change4life](http://www.nhs.uk/change4life)



#### Who Does it Apply To?

This Policy applies to all pupils and parents providing packed lunches to be consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

#### The Policy

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

The school will work with parents to ensure that packed lunches meet the standards listed below.

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated containers with freezer blocks where possible to ensure that food remains fresh until lunchtime.

## Packed Lunch Standards

Food to include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, and falafel) every day.
- Oily fish, such as salmon, **at least once every three weeks.**
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Water, still or sparkling, or a smoothie.

Foods to avoid or limit:

- Snacks such as crisps
- High fat and/or sugar cakes and chocolate coated biscuits (consider cakes that include fruit and are reduced fat and sugar).
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

Packed Lunches should not include any of the following:

- Fizzy/sugary drinks.
- Confectionary such as chocolate bars and sweets or chocolate spread as a sandwich filling.
- Nuts and nut products (including peanut butter) due to concerns about children with nut allergies.

## Special Diets

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

## Monitoring & Review

Packed lunches will be reviewed by lunchtime staff as part of their supervision of the children and children eating healthy lunches will be rewarded with stickers. We will offer advice and guidance to parents/carers if a child regularly brings a packed lunch that does not meet the Packed Lunch Standards. Pupils on special diets following verified medical advice will be given due consideration.

This Policy will be reviewed regularly by our Governors and in response to any legislative or governmental changes regarding school food and will be published on the school website.

Signed: ..... (Chair of Governors)      Date: .....