

St. Peter's Catholic Primary School
Packed Lunch Policy

Aim:

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 food served in schools, which is now regulated by national standards.

Objectives:

- To make a positive contribution to children's health and Healthy Schools' Status.
- To promote consistency between packed lunches and food provided by schools, which must adhere to national standards set by the Government.

*This 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 (*Dept. of Health*) and Food Policy in Schools (*National Governors' Council 2005*).

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips.

- School will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times. In Nursery, milk will also be available.
- School will work with the pupils to provide attractive and appropriate dining room arrangements.
- School will liaise with parents to ensure that packed lunches abide by the standards listed below.

Packed Lunches ideally should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (*e.g lentils, kidney beans, chickpeas, hummus, peanut butter and falafel*) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous , noodles, potatoes or other type of cereals every day.
- dairy food such as cheese or low sugar yoghurt every day.
- water – please do not send children in with water as Nursery provides this. Children are not allowed to bring any other drinks into school.

Packed Lunches should not include:

- Anything covered in chocolate, including chocolate mousse.
- Any sweets or toffees
- Flasks containing hot liquid or soup cannot be brought into school. Only food warmers are allowed.
- Please note: only 1 biscuit **or** small cake. No packets containing several sweet items.
- Only water (or water/ milk in Nursery) is allowed, which school will provide
- Anything nut related due to children with nut allergies.

Special diets and allergies

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. ***Children are never allowed to swap food items.***

Monitoring

Packed lunches will be regularly monitored by midday staff.

Parents and children who do not adhere to the Packed Lunch policy will receive a leaflet in the Packed Lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents directly.

Please note: children with special diets, medically diagnosed, will be given due consideration.

In addition, KS2 children should be encouraged to have a piece of fresh fruit at playtimes. Infant and Nursery children have this provided for them by the Government.

Mrs K Ryan
September, 2020

Review date: May 2022