

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 from the School Food Standards for England (updated in 2022) and the School Food Policy guidance, developed for the Department of Health 'Food in Schools' programme.

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. Children bringing a packed lunch will also be offered the choice to drink milk.
- 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, houmous or 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 cereal every day.
- dairy food such as cheese or low sugar yoghurt every day.
- a drink of milk or water – children are not allowed to bring any other drinks into school. Milk and water is provided by school at lunchtimes for all children. It is provided to nursery children at snack time and lunchtime.

Packed Lunches should not include:

- anything covered in chocolate, including chocolate mousse.
- any sweets or toffees
- flasks containing hot liquid or soup. These cannot be brought into school. Only food warmers are allowed.
- please note: only 1 biscuit or small cake. No packets containing several sweet items.

Packed lunches **MUST NOT** include any items containing nuts, as we have children in school with nut allergies.

Special diets, medical needs 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. School would wish to work in partnership with families of children who require special diets due to medical needs.

Children are never allowed to swap food items due to the danger of potential allergies – they are only allowed to eat what their own family has packed for them.

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.