



# Lawn Primary and Nursery School

## Packed Lunch Policy

### **Policy Owner**

Head teacher

### **Policy History**

<i>February 2022</i>	<i>Created</i>

## **Aim**

At Lawn Primary and Nursery School we want to ensure that all packed lunches brought from home and consumed during the school day, either on school premises or on school trips, provide the children with healthy and nutritious food that is similar to food served in schools which is regulated by National standards.

The government has placed a duty on schools to ensure that every child is healthy and has invested heavily in improving school meals, free fruit for KS1 and the school food trust encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life; developing positive habits around food and eating
- Learn more effectively and manage emotions and relationships calmly

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches provide a good balance of 'complex carbohydrates' such as rice, pasta bread and potatoes with dairy and protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.

## **Who does the policy apply to and when and where?**

This policy applies to all parents/carers who provide a packed lunch to be eaten within school or on school trips during normal school hours.

## **Packed lunches should include**

- At least one portion of fruit or vegetables every day
- Meat, fish or other sources of non-dairy protein such as eggs, lentils, kidney beans, hummus, falafel every day (usually as part of a sandwich, roll or salad). However oily fish such as tuna, salmon or pilchards only once a week.
- A starchy food such as bread, pasta, rice, noodles, couscous, potatoes every day
- Dairy foods such as milk, cheese, yoghurt, fromage frais every day. (This does not include highly processed foods such as Dairy Lea Lunchables or similar products)
- A drink of water, pure fruit juice, drinking yoghurt or smoothie (not Nesquik or any other sugary drinks or milkshakes). Water is available in school.
- A Cereal bar or one plain biscuit as these foods should only be eaten as part of a balanced meal.

For ideas on Healthy Packed lunches visit

<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

**Packed Lunches should include limited synthetic processed foods, such as**

- Crisps, sausage rolls, pasties, fried samosa, and pork pie – All High in Fat
- Fruit winders, chocolate covered raisins, yogurt coated raisins – All high in sugar
- Chocolate-coated biscuits, jam sandwiches or chocolate spread sandwiches – All High sugar and fat
- Cheese dippers, Dairy Lea Lunchables, cheese strings and processed meat snacks such as chicken bites, peperoni or fridge raiders – all high in salt

**Packed lunches will not include the following foods:**

- Nuts (including Nutella and nut-based spreads) because of the danger to other children with allergies
- Fizzy drinks
- Chocolate bars or sweets

The school recognises that some children may require special diets that do not allow for these standards to be met exactly. In this instance, parents/ carers should provide any information from a doctor or dietician to explain the needs for a special diet. In these cases, parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Children will be encouraged to take home food they have not eaten so that parents and carers can monitor what your child is eating.

**Treats**

We aim to teach children about balancing their diet, therefore, on occasions, we will allow children to eat cakes or sweets e.g., at class parties or other celebrations. We also allow children to bring sweets to share into school on their birthdays. We feel that this reflects a realistic attitude to food and teaches children about making appropriate choices about food.

**Assessment, evaluation, and review**

Packed lunches will be regularly reviewed by teaching/midday supervisory staff. Healthy lunchboxes will be recognised with a variety of methods such as stickers, house points.

Parents/Carers who do not adhere to the packed lunch policy will receive a leaflet in the packed lunch box or bag, informing them of the policy. If a child regularly brings a packed lunch which does not conform to the policy, the school will contact the parent/carers and they will be invited into school to discuss this