



[www.emmausfederation.co.uk](http://www.emmausfederation.co.uk)

## Packed Lunch Policy

### Aim

To make sure that children who bring a lunch from home to eat at school (or school trips) have food which is just as healthy and nutritious as food now served at school and regulated by national standards.

### Why do we need a policy?

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and **The School Food Trust** which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthy is important because it will help children to:

- Be fitter and healthier now and in later life
- Learn more quickly and behave better

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

### Who does it apply to and when and where?

For all pupils and parents providing packed lunches to be eaten within the school or on school trips during normal school hours.

### The policy

- The school will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is available
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below
- Whenever possible the school will allow children eating packed lunch or school meals to sit together

- Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Children must only eat their own food and not other children's.
- The policy has taken account of children's opinions, and after a whole school survey, conducted by the school council, a list of agreed treats is included for Friday packed lunches.

### **End of year parties and trips**

Staff felt as part of creating a healthy ethos within the school and promoting the idea of a balanced diet and life style, special exception to the above rules would be granted for trips and parties as they were seen as a treat.

**End of year parties** Children may bring in party food if directed by the class teacher (no nuts)

**Trips** – children may bring in an item from the Funky Friday list (see below) as a treat.

**Birthdays** - children may bring in fruit or cereal bars (no nuts)

### **Guidance**

#### **Suggestions for food to INCLUDE in a healthy packed lunch**

**At least** one portion of fruit or vegetables each day

- Meat, fish or other source of non-diary protein (eg lentils, beans, soya or hummas) every day (usually as part of a sandwich, roll or salad)
- Oily fish, such as pilchards, salmon or tuna occasionally
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day
- Dairy food such as milk, cheese, yoghurt, fromage fraise or custard
- A drink: water is best followed by semi-skimmed or skimmed milk, sugar free squash, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable and bread sticks with a dip.
- Curries (vegetable or chicken)
- Boiled rice

#### ***Suggestions for food to include ON A FRIDAY in a healthy packed lunch (as decided upon by pupil council surveys)***

- Snacks such as crisps (small bag)
- Chocolate coated biscuits or wafers
- Cakes
- Small fairy cakes / muffins
- Croissants
- 1 small carton juice / squash
- Chocolate cereal bar
- 1 small pudding tub (eg chocolate mousse / trifle etc)

**Suggestions for food NOT TO INCLUDE in a healthy packed lunch  
(these are all foods we have already asked children not to bring into school)**

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or at any other time
- Nut or nut products because of the danger to other children with allergies
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food
- Any foods which have been fried in oil

**Special Diets**

The school also recognises that some pupils may have verified medical conditions requiring 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.

**Assessment, evaluation and reviewing**

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other rewards. Pupils/parents who are not following the guidance will be given a polite verbal warning, followed by a written reminder of school policy and finally they will be asked to come in for a consultation with the Headteacher or Governors. Pupils on special diets, following verified medical advice will be given due consideration.

**Publication of the policy**

The school will write to all new and existing parents / carers to inform them of the policy via the school newsletter. The policy will be available on the school’s website and will be incorporated into the school prospectus. The school will use opportunities such as parents’ evenings to promote this policy as part of a whole school approach to healthy eating.

All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

Reviewed November 2015

This policy has been reviewed by the governing body

Headteacher ..... Date .....

Chair of Governors ..... Date .....