



The Emmaus Federation **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 in 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. We provide free fruit for KS1 children and milk for children 5 years and under.

School meals conform to government nutritional guidelines with less sugar, fat, salt, 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 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.
- 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 no other children's.
- The policy has taken account of children's opinions, and after a whole school survey.

Parties

As part of 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 parties as they are seen as a treat. Children may bring in party food if directed by the class teacher (**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-dairy protein 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 or custard.

- A drink: water, milk drinks, sugar free squash, fruit juice or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable and bread sticks with a dip.
- And **one** additional snack, such as:
 - Snacks such as crisps (small bag)
 - Chocolate coated biscuits or wafers
 - Cakes
 - Small fairy cakes / muffins
 - Croissants
 - One small pudding tub (e.g. chocolate mousse / trifle etc.)

Suggestions of food NOT TO INCLUDE in a healthy packed lunch

- 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.
- Any types of energy drinks.
- Any foods which have been fried in oil.

Special diets

The school also recognises that some pupils may have 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 and to speak to the school SENCo.

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 with stickers and other rewards. Parents who are not following the guidance will be informed about the lack of nutritional value in their child's lunch via a lunch-time slip. If a child's lunch continues to be a concern to staff, the parent will then be informed by the Head of School.

Publication of the policy

The school will inform all parents of the policy. The policy will be available on the school's website.

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

Reviewed by staff: October 2018
 To be reviewed: October 2020