

St. Mary and St Michael Catholic Primary School

Packed Lunch Policy



*“Learning together hand in hand
with our friend Jesus.”*

St Mary & St Michael Packed Lunch Policy



Aim

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as the food served in school, which is 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 healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn quicker and behave better.

School meals conform to government nutritional guidelines with less sugar, fat and salt and more 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.schoolfoodtrust.org.uk for more information.

The policy

- Drinking water is available for pupils bringing in packed lunches.
- The school will provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches are in line with the guidance below.
- The school will allow children eating packed lunch or school meals to sit together.
- Parents will provide children with a suitable container for their child’s packed lunch.
- Children must only eat their own food and not other children’s.

Guidance

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

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, soya or hummus,) 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, couscous, noodles, potatoes or other type of cereals should be included every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed milk.
- Cereal bars rather than cakes or biscuits, plain biscuits are allowed but should be part of a balanced meal.
- Crackers or bread sticks with a dip, including mini cheddars.

Foods NOT to be included

- Nut or nut products (although they can be very healthy) because of the danger to other children with **allergies**
- Fizzy drinks
- Sweets
- Crisps
- A bar of chocolate
- Sugary drinks
- Any foods which have been fried in oil

Limited foods which may be included

As part of creating a healthy ethos within the school and promoting the idea of a balanced diet and a healthy lunch box, **please limit the items below to just ONE per day.**

1. A small plain cake
OR
2. A pastry item, e.g. a brioche or a sausage roll
OR
3. A small chocolate biscuit, e.g. a penguin, a chocolate wafer, chocolate cereal bar, mini cookies

Birthdays

Children may bring in a fun-size treat for the children to give out (remember one treat per child **ONLY**).

Special diets

The school also recognises that some pupils may have verified medical conditions which will need to be brought to the attention of the Headteacher. They may require special diets that do not allow for the standards to be met exactly. Pupils on special diets following verified medical advice will be given due consideration.

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. Pupils/parents who are not following the guidance will given a polite written reminder of school policy and may be asked to come in for a consultation with the Headteacher.

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