

# Pickering Community Infant and Nursery School

## Packed lunch Policy

Reviewed by the staff and parents Oct 2016

Next review June 2019

Approved by ..... Role .....

### Aim

For all children to have a balanced packed lunch in school. To give guidelines and ideas to families about packed lunches without being prescriptive about them. To give consistent messages to parents and children about packed lunches.

### Why has this policy been formulated?

- To make a positive contribution to children's health and Healthy Schools Status.
- To promote consistency between packed lunches and food provided by schools. This must adhere to national standards set by the government. Please visit [www.schoolfoodtrust.org.uk/nutrientstandards](http://www.schoolfoodtrust.org.uk/nutrientstandards) for more information.

### Guidance - a balanced packed lunch would have a mixture of the following:

- at least two portions of fruit and/or vegetables every day.
- meat, fish or other sources of protein (e.g. lentils, beans, chickpeas, hummus ) every day.
- a starchy food such as any type of bread, bread sticks, potatoes or other type of carbohydrates every day.
- dairy food such as cheese, yoghurt, fromage frais or custard everyday.
- only water or fruit juice.

This is a school recommendation based on government guidance. As a school, we accept that it is the responsibility and right of parents to ensure a balanced diet for their child over the course of the day.

### Occasional items which can be eaten as part of a balanced meal:

- snack sized confectionery such as chocolate bars and chocolate-coated biscuits only a few times a week.
- snacks such as crisps could be in lunch boxes once or twice a week.
- processed meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas not to be included more than once a week.

Water is made available to all children at lunch time.

### **Special diets and allergies**

As a school we recognise 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. For these reasons pupils are also not permitted to swap food items. It may also be necessary, where a child or member of staff has a severe allergy, that products containing certain allergens may not be permitted on school premises, including in packed lunch boxes. Parents would be notified of this in writing.

### **Time allocated for eating lunch**

All children have a 1 hour lunch break, time for eating and time for playing. Children have up to 40 minutes to eat their lunch. Children are encouraged to eat a reasonable sized portion and balanced amount of their packed lunch before leaving the hall.

### **Assessment, evaluation and reviewing:**

We will continue to work with the children on a regular basis promoting healthy eating and a balanced diet. Stickers are used to encourage children to eat all their lunch. School will monitor children who are not eating their lunch and parents are encouraged to discuss this with staff.

### **Dissemination 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 and will be incorporated into induction meetings with parents, assemblies etc.

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