

# Pickering Community Infant and Nursery School

## Packed Lunch Policy

Written by in consultation with staff and parents December 2019

Approved and signed by Governors January 2020

Next review Summer 2022

### Philosophy

We believe that a healthy, well balanced lunch makes a positive contribution to children's health and encourages happier and more focused children. We aim to ensure that all packed lunches brought from home and consumed in school or on school visits provide children with healthy and nutritious food that is similar in quality to food prepared and served in our school, which is required to meet national standards. More information about these standards can be found at [www.childrensfoodtrust.org.uk/schools/the-standards](http://www.childrensfoodtrust.org.uk/schools/the-standards)

### Aims

**As a school we:**

- will provide an appropriate dining space for children eating packed lunches and ensure that free, fresh drinking water is available at all times
- will share information with parents to encourage packed lunches that meet the standards outlined in this policy
- will, whenever possible, enable children eating packed lunches and school lunches to dine together

### Guidance

The following are school recommendations 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.

**A balanced packed lunch would have a mixture of the following:**

- at least one portions of fruit and one portion of 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
- a dairy food such as cheese, yoghurt, fromage frais or custard everyday
- a drink of water, fruit juice, semi-skimmed milk, skimmed milk, yoghurt or another milk drink

**Occasional items which should only be eaten as part of a balanced meal:**

- cakes and plain biscuits could be included a few times 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

**Packed lunches at our school should not include:**

- salty snacks such as crisps
- snack sized confectionery such as chocolate bars and chocolate-coated biscuits
- sweets
- fizzy drinks even if labelled as 'sugar free' as these can contribute to tooth decay

### **Special diets, allergies and additional needs**

As a school we recognise that some children 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. School are happy to offer help and support to parents relating to children's eating habits and can also access support from the Healthy Child Team with parental consent. For these reasons, children are 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. Because of the severity and likelihood though of nut allergies, we are a nut free school at all times and no items containing nuts may be brought into our school.

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

Children in Nursery have 45 minutes for their lunch break with a balance of time for eating and some quiet time. Children in Reception, Year One and Year Two have an hour lunch break, with a balance of 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 their table. Children are asked to finish their cup of water before leaving their table.

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

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

Where packed lunches aren't in line with this packed lunch policy, leaflets (attached at the end of this policy) will be included in the packed lunch box going home. If a child regularly brings a packed lunch to school which is not in line with this policy then the school will contact parents to discuss this.

### **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 and a copy will be given or sent to parents of all packed lunch children.

The policy will be available and will be incorporated into induction meetings with parents, assemblies etc. All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

In line with our school packed lunch policy we ask that your child's packed lunch meets the following guidelines. This leaflet has been included in your child's packed lunch box as their packed lunch does not currently meet these guidelines

**A balanced packed lunch would have a mixture of the following:**

- at least one portions of fruit and one portion of 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
- a dairy food such as cheese, yoghurt, fromage frais or custard everyday
- a drink of water, fruit juice, semi-skimmed milk, skimmed milk, yoghurt or another milk drink

**Items which should only be included occasionally:**

- cakes and plain biscuits could be included a few times 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

**Packed lunches at our school should not include:**

- salty snacks such as crisps
- snack sized confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- fizzy drinks

These are school recommendations 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. If your child needs alternative arrangements for their packed lunch, for whatever reason, please arrange an appointment to speak to our head teacher about this.

Below is an example of a packed lunch planner, which could provide some ideas for suitable packed lunch content and amount;

