



# Packed Lunch Policy

Reviewed December 2021

Next Review Date December 2024

# **Preston Primary Academy Trust**

## **Packed Lunch Policy**

This policy has been written with the underlying principles of a Church of England school, which applies to Preston C of E Primary School and North Cadbury C of E Primary School.

### **OVERALL AIM OF THIS POLICY**

Preston Primary Academy Trust hosts a wide range of cultures; which encourages a wide and diverse range of culinary delights for our children. This is an area the Trust wishes to support and promote through healthy packed lunches.

To ensure this is effectively promoted throughout the Trust, all packed lunches brought from home and consumed in school (or on school trips) must provide the pupils with healthy and nutritious food that is similar to the food that is served in schools; which is regulated by national standards.

### **OBJECTIVES**

- We want all of our children to make a positive contribution to the 'Healthy Schools Status' within the Trust.
- To encourage a happier calmer population of children and young people.
- To promote consistency between packed lunches and food provided in school, which must adhere to national standards set by the government.
- Most importantly to promote healthy children who are aware of the effect different foods have on their bodies.

### **SUPPORT AND GUIDANCE**

As a Trust we are working in a number of different ways to promote healthy eating and support parents with this process.

### **WHERE, WHEN AND WHOM THIS POLICY APPLIES**

This policy applies to all children and parents providing packed lunches to be consumed within school or on school trips, during school trips and using the dining hall.

### **OUR TRUST FACILITIES**

- The trust will provide facilities for children bringing in packed lunches and ensure that free, fresh drinking water is available throughout lunch time.
- Trust schools will work with parents to ensure that packed lunches abide by the standards listed.
- As fridge space is not available in school, children are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop food getting warm.
- Trust schools will work with parents and children to achieve this goal.

## **PACKED LUNCHES: WHAT TO BRING**

Packed lunches should always include:

- At least one portion of fruit or vegetables every day for vitamins and minerals.
- A starchy food every day for energy and concentration for example bread, wrap, chapatti, pasta, rice, noodles or potato.
- Meat, fish or another source of non-dairy protein eggs, lentils, kidney beans, chickpeas, hummus.
- Dairy food such as: milk, cheese, yoghurt, fromage frais or custard.

Drinks:

- Water
- Milk
- Small fresh carton of juice 200ml

Packed lunches should **NOT** include:

- High fat savoury snacks such as: sausage rolls, pasties, fried samosas.
- High sugar snacks and drinks such as: chocolate bars, chocolate covered biscuits, cereal bars, sweets, fizzy drinks or Fruit Shoots.

## **SPECIAL DIETS AND ALLERGIES**

The Trust ensures we have a nut free environment to keep the risk of allergic reactions to a minimum. The school also does not promote the sharing of food, again to minimise the risk of allergic reactions.

## **MONITORING AND REVIEW**

When lunchtime supervisors have identified a child whose lunch consists of unhealthy food, they should make the child's teacher aware. The teacher can have a quick word with the parent and offer support to identify healthy food options.

## **PROMOTION OF THE POLICY**

The Trust has taken into consideration the healthy aspect of packed lunches and the practical aspects. This policy acts in the interest of all our children.

Trust schools will inform parents of the packed lunch policy in writing as well as regular reminders and ideas through the school newsletter. The full policy will also be available on the School/Trust website.

All staff, including teachers and catering staff will support the implementation of this policy in full as a healthy child is a happy child.