



West Road Primary

Packed Lunch Policy

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

How and why the policy was formulated:

- To make a positive contribution to children's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which, from September 2006 must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information.
- To contribute to the self-evaluation for review by Ofsted.
- To contribute towards our whole school aims and in particular to encourage everyone to lead a healthy lifestyle and strive for emotional and physical well-being.

National guidance:

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches: what the policy states

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

We would encourage a variety of healthy foods, such as:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day
- oily fish, such as salmon, at least once a week.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- only water, still or sparkling, fruit juice, milk, yoghurt or milk drinks and smoothies.

As a school we discourage:

- novelty snacks such as corn or maize “crisps”
- confectionery such as chocolate bars, chocolate puddings and sweets
- Fizzy drinks
- Processed “lunchables”

For further information on what to include in your healthy packed lunch please refer to our “Traffic Light” guidelines.

Special diets and allergies

The school also recognises that some pupils may require special diets. 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.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by staff.

Healthy lunches will be rewarded by stickers.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the 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.

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 and the school nurse, will be informed of this policy and will support its implementation.

Policy approved: September 2015

PACKED LUNCH - "TRAFFIC LIGHT" GUIDELINES

RED - TO BE AVOIDED



- Chocolate bars
- Fizzy drinks
- Sweets
- Corn snacks - monster munch etc
- Processed pre-packed "lunchables"
- Chocolate puddings/mousse

AMBER - OCCASIONALLY & NO MORE THAT TWO AT A TIME



- Sausage rolls
- Pork pie
- Potato crisps
- Biscuits (only one)
- White bread
- Cakes/muffins
- Cheese strings
- Jam sandwiches
- Processed meat
- Scones
- Malt loaf

GREEN - THE GOOD OPTIONS



- Bread e.g. wholemeal, high fibre white, rolls, french bread, pittas, bagels
- Sandwich fillings - e.g. peanut butter & grated apple, chicken, grated cheese & cucumber, mashed banana, humous, tuna, cooked meats, cottage cheese.
- Savoury crackers
- Breadsticks
- Rice cakes
- Nuts
- Vegetables e.g. cherry tomatoes, carrot sticks, celery, cucumber chunks, baby sweet corn, grated carrot & raisin salad
- Fresh fruit e.g. seedless grapes, plums, kiwi, cherries

- Dried fruit e.g. apricots, dates, raisins, sultanas
- Yoghurts
- Canned fruit in fruit juice
- Fruit Juice
- Milk drinks

TOP TIPS!

- Use a small insulated cool bag with a freeze block in to keep cool
- Make sandwiches the night before and keep in the fridge overnight
- Freeze a carton of juice which will be thawed by lunch time and will keep the rest of the food cool
- More information is available at www.schoolfoodtrust.org.uk/packedlunches and www.eatwell.gov.uk