

# Roseberry Primary School

## R P S



## Policy for Packed Lunches

<b>Approved by the Governing Body:</b>	February 2013
<b>Interim Review Date:</b>	January 2018
<b>Review Date:</b>	January 2022
<b>Head teacher:</b>	Maggie Fearnley

## **Roseberry Primary School**

### **Packed Lunch Policy**

#### **Aim**

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. (regulated by national standards)

#### **How and why the policy was formulated:**

To make a positive contribution to children's health

To encourage a happier and calmer population of children

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 <http://www.childrensfoodtrust.org.uk/> for more information.

#### **Food and drink in packed lunches:**

The school will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.

The school will work with pupils to provide appropriate dining room facilities.

The school will work with pupils to ensure they are educated on the importance of healthy eating and a balanced diet.

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.

#### **Packed lunches should try to include:**

At least one portion of fruit and one portion of vegetables every day.

Meat, fish or other source of non-dairy protein (eg peanut butter, hummus, kidney beans, lentils)

Oily fish, such as salmon, at least once every three weeks.

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 every day.

Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

An insulated container may be used to bring soup or pasta to school. Insulated containers must not contain hot or boiling water or liquids. The school cannot accept any responsibility for the loss or damage of any insulated container. The school also reserve the right to review and amend its policy on the use of insulated containers if spillages or breakages become an issue.

**Packed lunches should not include:**

Confectionary such as chocolate bars, chocolate coated biscuits and sweets are not allowed.

Nut or nut products because of the danger to other children with allergies

Fizzy drinks

**Food to include less often:**

Snacks such as crisps

Cakes

Meat and pastry products such as sausage rolls or pies

**Special diets and allergies**

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 not permitted to swap food items.

**Assessment, evaluation and review**

Packed lunches will be regularly monitored by teaching staff and midday supervisors.

Parents who do not follow this policy will be contacted to discuss it.

**Dissemination of the policy:**

The policy will be available on the school's website

All pupils new to the school will receive a copy of this policy

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