



St. Elizabeth's Catholic Primary School

PACKED LUNCH POLICY

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 alongside guidance given by Manchester Healthy Schools team.

Aims and objectives

At St. Elizabeth's Catholic Primary School we want to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to food served in schools, which is now regulated by regular standards.

National Guidance

This policy takes consideration of 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).

This policy applies to all parents providing packed lunches for consumption at school or on school trips during normal school hours. It has been written in order to make a positive contribution to the health of our children and as part of our Healthy Schools Status. We believe that eating a healthy nutritional packed lunch can encourage a happier, calmer population of children. It is also written in order to promote consistency between packed lunches and food provided by the school, which adheres to the National Standards set by the government, details of which can be found at

www.schoolfoodtrust.org.uk

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 and milk is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- 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 include:

- at least one portion of fruit and/or vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. hummus)
- 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 everyday
- only water, milk and smoothies.
- Snacks may include 1 plain biscuit made to the Manchester Fayre recipe or 1 from a packet (*e.g. digestive, hobnob, rich tea*), seeds and fruit (*with no added salt, sugar or fat*)

Packed lunches should not include:

- Snacks such as crisps
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Meat products such as sausage rolls, individual pies or corned meat.
- Drinks – school will provide children with water or milk.

Special diets and allergies

The school also recognises 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 contact school to discuss their child's needs. For these reasons pupils are also not permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff,/ catering staff and midday meal supervisors

Healthy lunches will be rewarded by stickers and VIP tables.

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 and the item will be returned to the parent or carer at the end of the day. 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 and alternative arrangements for lunch may need to be made such as taking their child home at lunchtime.

Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents informed of modifications and changes.

Linked policies:

Food and Drink Policy

PSHE policy

Science Policy

Design and technology Policy

Dissemination of the policy:

The school will give all new and existing parents/carers the policy when they join the school.

The policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use opportunities such as parents evenings and superlearning weeks to promote this policy as part of a whole school approach to healthier eating.

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

Signed: Mrs L. Kelly

Dated: September 2016