

Old Church Nursery School

Packed Lunch Policy

Aims 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.
- To make a positive contribution to children's health .
- To encourage happy and calm children.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government.
- To contribute to the self-evaluation for review by Ofsted.

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

- 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 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. No food can be reheated.
- The school will ensure that packed lunch pupils and school dinner pupils will be

able to sit and eat together.

Packed lunches should include

- at least one portion of fruit and one portion of vegetables every day e.g. apple, banana, orange, sliced cucumber, tomato, carrot, lettuce,
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter) every day
- Oily fish, such as salmon, at least once every three weeks
- 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, yoghurt or smoothies.

Packed lunches should not include:

- Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

The school also recognises that some pupils may require special diets. Parents should ensure the school is aware by speaking to the key worker and completing a Pupil Dietary Form.`

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by teaching staff and midday meal supervisors. 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 provide them with a copy of the Packed Lunch Policy.



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 as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the policy:

The school will ensure all new and existing parents/carers are aware of the policy.

The school will use opportunities such as parent's evenings, induction meetings, workshops and Healthy Living activities to promote this policy as part of a whole school approach to healthier eating.

All school staff will be informed of this policy and will support its implementation.

The policy will be available on the school's website

Reviewed: November 2020