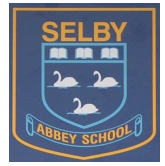


SELBY ABBEY CE (VC) PRIMARY SCHOOL

PACKED LUNCH POLICY



AIM

To make sure that the children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy as food now served in school and regulated by national standards.

WHY DO WE NEED A POLICY?

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life
- Learn more quickly and behave better

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of 'complex carbohydrates' such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal **but we would recommend that all children in foundation stage and key stage one take up their entitlement of a Universal Free School Meal each day.** Please visit www.schoolfoodtrust.org.uk for more information.

WHO DOES IT APPLY TO AND WHEN

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours from September 2015.

THE POLICY

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Whenever possible the school will allow children eating packed lunches or school meals to sit together.
- Parents will need to provide children with a suitable container which they can actually eat their lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Children must only eat their own food and not other children's.

GUIDANCE

Suggestions for food to include in a healthy packed lunch

- At least one portion of fruit or vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus)
- Oily fish, such as pilchards, salmon or tuna occasionally
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yogurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yogurt, milk drink or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetables or bread sticks with a dip.

Suggestions for food to include less often in a healthy packed lunch

- Snacks such as crisps
- Chocolate coated biscuits or wafers.
- Cakes.
- Meat and pastry products such as sausage rolls or pies.
- Confectionary such as chocolate bars.

Suggestions for food to NOT include in a healthy packed lunch.

- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.
- Sweet such as Haribo's.

Special Diets

The school also recognizes that some pupils may have verified medical conditions requiring 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.

Assessment, evaluation and reviewing

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards. Pupils' on special diets following verified medical advice will be given due consideration.

Publication of the policy

The school will write to all new and existing parents/carers to inform them of the policy via the head teacher's newsletter. The policy will be available on the school's website. The school will use opportunities such as parents' evenings to promote this policy as part of a whole school approach to healthier eating.

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

If you would like this information in another language or format such as Braille, large print or audio, please ask us.

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如欲索取以另一語文印製或另一格式製作的資料，請與我們聯絡。

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Aby otrzymać te informacje w innym języku lub formacie, np. w alfabecie brajla, w wersji dużym drukiem lub audio, prosimy się z nami skontaktować

Agreed by Governors: 30 March 2022

Review Date: Spring 2025

Signed: _____