



**ALEC REED ACADEMY**  
PROUD TO LEARN

# **Packed Lunch Policy**

## **In Primary Phase**

<b>Policy Owner:</b>	Katie White	<b>Approval Date:</b>	December 2022
<b>Review Date:</b>	December 2024	<b>Reviewed By:</b>	Board of Trustees

# **ALEC REED PRIMARY SCHOOL'S PACKED LUNCH POLICY**

## **1. Introduction**

Based on the results of our survey and consultation process, we want to support more pupils to have a healthy balanced lunch through the development of a packed lunch policy. As a healthy school, we have continued to develop this policy further to reflect national standards and to include the 'healthy eating token' system.

The school council, staff, the head teacher, and the school meal supervisors were consulted, and they were supportive of our policy.

## **2. Aim**

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in school, which is required to meet national standards.
- To make a positive contribution to children's health by encouraging healthy eating habits. The packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.
- This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy promotes a whole school approach to food and healthy eating.

## **3. The policy**

- The school will work with parents to ensure that packed lunches abide by the standards.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption
- We request that no items containing nuts are consumed during lunch times due to allergies.
- Due to choking hazards, grapes and cherry tomatoes must be cut into quarters.

### **Food contained in a packed lunch**

Packed lunches should be based on the Eat Well plate model and **should** include the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals. Wholemeal/ brown varieties are recommended.
- Dairy foods such as milk, cheese, yoghurt, fromage frais
- Water or reduced fat milk
- Water to be consumed as main drink.

To keep packed lunches in line with the food based standards for school meals, packed lunches **should not** include:

- High fat, high salt, high sugar snacks such as sweet popcorn and other high fat / salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, sweets and chewing gum.
- Chocolate spread as a sandwich filling.
- Fizzy / sugary drinks, this includes fruit juice, cordials/ squash, diet drinks, and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children. **Children should be consuming water as a drink at lunch time.**

On Friday's we allow packed lunches to bring one treat. These can include:

- Meat products (such as sausage rolls, individual pies, corned meat and sausages / chipolatas), crisps, cakes and biscuits.
- **Fizzy drinks or drinks with high sugar content are not allowed on any day.**

### **Special diets and allergies**

As a school, we adopt a nut free policy.

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 be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

## **Health and safety**

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. To avoid a choking hazard, grapes and cherry tomatoes must be cut into quarters.

## **Storage of Packed Lunches**

The school provides lunch trolleys for packed lunch bags, in the most convenient place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

## **Assessment, evaluation and reviewing (Including the healthy schools token system):**

- Packed lunches will be regularly reviewed by midday meal supervisors and school and health ambassadors.
- Healthy lunches that include at least one portion of salad/vegetables and fruit and none of the 'Friday only Foods' (see above) will be rewarded with a token on Mondays to Thursdays.
- The year group with the most tokens at the end of every half term will receive a fantastic reward of 30 minutes of outdoor games.
- School meal pupils will also receive a token if they consume fruit instead of cake or pudding, salad or vegetables with their meal.

## **7. Dissemination of the policy**

- The school will write to all new and existing parents / carers to inform them of the policy.
- The policy will be available on the school's website and will be incorporated into the school induction pack.
- The school will use opportunities such as parents' evenings to promote this policy as part of the 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.

## **8. Policy Review**

This policy will be reviewed as part of the schools agreed policy review process. In addition to any major legislative or governmental changes regarding school food may lead to this policy being amended.