



Witheridge C of E Primary School

Packed Lunch Policy

Name of school: Witheridge CE (VC) Primary School

Policy approved and adopted by: Staff and governors

Due for review: annually

The aim of our policy is:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food to the standard of food served in schools, which is now regulated by national standards (full details of the standards can be found at www.schoolfoodtrust.org.uk).

Why do we need a policy?

Currently one in five children are obese by the time they leave Primary School. Eating a healthy diet and exercising regularly can help children to stay a healthy weight as reflected in the Change 4 life message '**eat well, move more, live longer**'. Eating a healthy lunch at school is important to help children to stay healthy, feel good and improve their ability to learn.

Our packed lunch policy has been developed in response to parent surveys and observations of children's packed lunches that showed some contained too many unhealthy foods, sugary drinks and not enough fruit and vegetables. This was similar across other schools in our local area.

Food and drink in packed lunches:

We will ensure that free, fresh drinking water is readily available at all times and we strongly encourage a water only policy. **It is not essential to include a drink in packed lunches as water is provided.**

Where possible, any uneaten food will be sent home to communicate with parents.

We will work with the pupils to provide attractive and appropriate dining room arrangements

We will work with parents to ensure that packed lunches meet the standards listed in this policy.

We will ensure we listen to parents' views and ensure that this policy meets the need of children and their families.

As fridge space is not available in school, pupils are advised to bring non-perishable food, or packed lunches in insulated bags or use freezer blocks where possible.



Packed lunches should ideally include:

- At least one portion of fruit and one portion of vegetables every day.
- A starchy food such as any type of bread, pasta, rice, naan, chapatti, couscous or potatoes every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, hummus, eggs and falafel) every day.
- Dairy food such as milk, cheese, yoghurt, or fromage frais everyday.
- Oily fish, such as salmon or sardines at least once every three weeks (N.B. tinned tuna does not count as a portion of oily fish).
- Only water or 100% pure fruit juice (free fresh drinking water is provided).

Items NOT to be included

- Fizzy drinks
- Nuts (salted or otherwise, or nut products)
- Chocolate in any form
- Sweets

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

As we have children with nut allergies we wish to avoid nuts being brought into school.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by staff and pupils.

Healthy lunches will be rewarded by stickers / certificates / congratulatory letters home / etc.

How we will share the policy:

All new and existing parents will be informed of the policy. It will be available on the school's website and mentioned in the school prospectus. We will promote the policy through assemblies, newsletters, and learning in the classroom. All parents will receive a leaflet to summarise the key points of our policy.

Signed: By Chair of Governors

Dated: 17th July 2014

