

# Lainesmead Primary School and Nursery



## Policy on Packed Lunches

**Approved by Governors:** 29 November 2018

**Next review:** November 2020

### Signatures

**Subject Co-ordinator** Becci Smogur

**Headteacher** Eirian Painter

**Chair of Governors** Leigh Timbrell

**Lainesmead Primary School and Nursery**  
**Policy on Packed Lunches**

**Philosophy**

- To make a positive contribution to children's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which, from September 2006 and 2007, must adhere to national standards set by the government.

This 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

The policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

**Aims and objectives**

To ensure that all packed lunches brought from home and consumed in school provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

**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 work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to encourage healthy provision of packed lunches. The aim is to work towards the standards.
- 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 food going off.

### **Suggestions for a healthy packed lunch**

- At least one portion of fruit and one portion of vegetables everyday.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas and falafel) everyday.
- 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.
- A drink of water, fruit squash, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Snacks could 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.
- Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/ chipolatas should be included only occasionally.
- Please try not to include chocolates or confectionary.

### **Special diets and allergies**

The school 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. Also, for this reason pupils are not permitted to swap food items.

The school follows the advice of the local authority and does not permit any nuts or nut products on the school site. This includes almonds, pecans, walnuts, pistachios, cashews, chestnuts, brazil nuts, pine nuts, macadamia nuts and peanuts.

Nuts and nut products can cause allergic reactions, which are sometimes severe. Anaphylaxis (a severe reaction to nuts) can be life-threatening.

The risk even though small is still as very real and one that we take very seriously.

Although we cannot guarantee a nut free environment by banning nuts or nut products we are reducing the opportunities for allergy related incidents.

The decision to ban nuts and nut products from school has been made because of the potentially fatal consequences of an allergic reaction.