

# Lainesmead Primary School



## Policy on Packed Lunches

Reviewed: August 2017

### Signatures

Head teacher                      Mrs E Painter

Chair of Governors              Mrs S Newton

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

This 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 packed lunches brought from home and consumed in school provide pupils with healthy and nutritious food that is similar to the regulated standards of cooked food served by the school. The school will work with parents to encourage healthy provision of packed lunches.

**Food and Drink in packed Lunches:**

- 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.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/ chipolatas should be included only occasionally.
- Cakes and biscuits are allowed but these should be included as part of a balanced meal.
- Chocolate or confectionary should not be included.

Fresh drinking water is readily available at all times.

**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.

For this reason, pupils are not permitted to swap food items.

The school 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 very real and one that is taken seriously by the school. Although we cannot guarantee a nut free environment by banning nuts or nut products we are reducing the opportunities for allergy related incidents.

### **Housekeeping**

Fridge space is not available in school to store packed lunches brought from home. Parents are advised to pack lunches in insulated lunch bags and lunchboxes.

Lunch bags and lunch boxes should be labelled with the child's name.

The school will provide dining facilities for pupils eating packed lunches.

Lunch bags and lunchboxes should be taken home at the end of each day.

Lunch bags, lunchboxes and drinking bottles left in school during school holidays will be disposed of as they present a health and safety risk.