



# Chantlers Primary School Packed Lunch Policy

**Approved by:** P Barlow **Date:** 1 September 2023

**Last reviewed:** September 2023

**Next review due by:** September 2024

## Purpose

Chantlers have been awarded the 'Healthy Schools' status and as such we endeavour to make sure that children who bring a lunch from home, to eat in school (or on school trips), have food which is as healthy and nutritious, as the food served in school is regulated by the national standards.

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improving school meals and free fruit for all KS1 children. School meals conform to the government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. They have a good balance of 'complex carbohydrates' such as pasta, rice, bread or potatoes with dairy and other protein foods. This policy will provide guidelines to help parents/carers to provide the same nutrition as a cooked meal. Please visit for more information: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

## The Policy

- The school will provide facilities for pupils to bring packed lunches and ensure that free, fresh drinking water is available.
- The school will guide parents to ensure that packed lunches are as close as possible to the recommended guidelines.
- Whenever possible the school will allow children to eat packed lunch or school meals to sit together.

## School Trips

As part of creating a healthy ethos within the school and promoting the idea of a balanced diet and lifestyle, a special exception to the above rules would be granted for trips 'as a treat'.

Children may bring in:

- A chocolate-coated, nut-free biscuit or cereal bar
- Small or slice of fairy cake
- Small bag of crisps or popcorn
- Pudding tub e.g. chocolate mousse, trifle

## 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 sources of non-dairy protein (e.g. lentils, beans, soya or hummus) every day. Usually as part of a sandwich, roll or salad.
- Oily fish, such as tuna or salmon occasionally
- Starchy food such as bread, pasta, rice, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt or fromage frais.
- A drink: water is best followed by semi-skimmed or skimmed milk, sugar-free squash, drinking yoghurt, milk drinks or smoothies.
- Nut-free cereal bars rather than cakes and biscuits. If cakes, biscuits and crisps are included, they should be in moderation.
- Pretzel, seeds, fruit, crackers and cheese, and vegetable or breadsticks with a dip.
- Meat products such as sausage rolls, individual pies corned meat and sausages/ chipolatas should be included only occasionally.

The inclusion of the following items is not considered to be a healthy packed lunch. However, if they are included it should be in moderation.

- Confectionery such as chocolate bars. Sweets and chocolate bars are not allowed at lunch or any other time.
- Fizzy drinks
- Any foods fried in oil
- Crisps or similar products

**Please avoid nuts or nut products as they are a danger to other children who suffer from nut allergies.**

### **Special Diets**

The school recognise that some pupils may have verified medical conditions requiring specific diets. We urge parents to be responsible for ensuring that packed lunches are as healthy as possible and consider the possible effects of including nut products on children with a nut allergy.

### **Birthday Treats**

We do not advocate bringing sweets into school to celebrate birthdays, however, we appreciate that children might like to celebrate their birthdays with their peers, especially if they are not having a party. If you wish to do this, they will be distributed at the end of the day and we would ask parents to follow these guidelines.

### **Assessment, Evaluation and Review**

Packed lunches will be reviewed by lunchtime staff as part of their supervision of the children to monitor the extent to which the guidelines are being observed.

Children will be encouraged to return any uneaten food in their lunch bags for parents to monitor what their children have eaten at lunchtime and make any necessary adjustments to their diet.