



The Federation of Cowick and Pollington-Balne CE Primary Schools



Packed Lunch Policy

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Policy in brief

This Policy sets out the expectations of food brought in to school. It aims to:

- ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food, similar in quality to the food served in schools that is required to meet national standards.
- ensure healthy options are considered with regard to any particular SEN or health need, or cultural or religious belief which may have an impact on dietary requirements.

Statement of Intent

The Federation of Cowick and Pollington-Balne CE Primary Schools are committed to offering healthy, nutritious food in school and adhere to the School Food Standards when providing school lunches. We aim to ensure that food brought in to school in the form of snacks, packed lunches and for school trips also meets the same standards. Consideration is also needed in respect of the Health and Safety of other children at lunchtimes and break times; the type of foods being brought in should reflect the standards set by policies in school, such as the Health and Safety Policy and Food Safety Policies, including the storage of foods.

The schools want to promote consistency between packed lunches and food provided by schools to make a positive contribution to children's health and encourage a happier and calmer school environment. The policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

Legal Framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)
- Food Safety Act 1990
- School Standards and Framework Act 1998

This policy operates in conjunction with the following non-statutory guidance:

- DfE (2023) 'School food in England'
- DfE (2023) 'School food standards practical guide'
- The School Plan (2015) 'School Food Standards: A practical guide for schools, their cooks and caterers'
- Children's Food Trust

This policy operates in conjunction with the following school policies:

- Health and Safety Policy
- Supporting Pupils with Medical Conditions Policy
- Child Protection and Safeguarding Policy

Food and drink in packed lunches

The schools will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.

As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible. Lunches will be kept in an area where temperatures can be kept consistent.

Wherever possible, the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

The schools will work with parents to encourage packed lunches meet the standards listed below:

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous.
- potatoes or another cereal every day – this could be a cereal bar for break time.
- a dairy food such as milk, cheese or yoghurt every day.
- a drink of water, fruit juice or fruit smoothie (maximum portion 150 ml), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal.

Packed lunches should not include:

- salty snacks such as crisps - instead include seeds, vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks or energy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value). These will be confiscated and returned to the child at the end of the school day. Water will be provided as an alternative drink.
- Hot food, such as soup, as the temperature cannot be regulated and could cause a health and safety risk if spilt.
- Nut or peanut products.

Special diets and allergies:

The school will ensure the correct food safety measures are in place to protect pupils with known allergies, intolerances, anaphylaxis, diabetes and other medical conditions associated with diet.

Parents will be required to provide the school with a written list of any foods their child may have an adverse reaction to, as well as the necessary actions to be taken in the event of an allergic reaction, such as any medication required.

The kitchen will be responsible for ensuring that the school's policies are adhered to at all times, including those in relation to the preparation of food, taking into account any allergens.

Learning activities which involve the use of food, such as food technology lessons, will be planned to take into account any known allergies of the pupils involved.

Treats for effort or good behaviour will be awarded taking into account any known allergies.

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by midday meal supervisors.

Where packed lunches that aren't in line with the packed lunch policy are brought into school, this will be fed back to the school office. If a child regularly brings a packed lunch that does not conform to the policy, the school will contact the parents to discuss this.

Involvement of parents/carers

We encourage all children to eat school lunches as these provide a varied and nutritious diet. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our Packed Lunch Policy. In turn, the school will keep the parents updated on policies that would be linked to the provision of school food, either by including this on the school website or sending hard copies home. We will also use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating.

Exemptions

The following items will be allowed to be consumed at the discretion of the staff, or as part of planned learning:

- Food, drink and treats at parties or celebrations to mark religious or cultural occasions
- Treats as rewards for achievement, good behaviour or effort
- Provisions used when teaching, for example science, DT, MFL, PSHE including where the food is served to pupils as part of a school lunch
- Cakes and sweets provided on an occasional basis by parents or pupils as part of a celebration.

The policy will be shared with all school staff, including teaching and catering staff.

Reviewed March 26