

# St Godric's Catholic Primary School



## Packed Lunch Policy

*We love, respect and value each other.*

Our school has a duty of care to keep all pupils happy and healthy and to positively promote the well-being of every pupil.

This policy is to ensure that all packed lunches brought from home and eaten in school, or on school trips, provide pupils with healthy, safe and nutritious food. The content of lunchboxes should reflect the requirement of schools to meet minimum food and nutrition standards for school meals and should provide a nutritious, balanced diet to support the pupils learning and development.

### Aims:

- To ensure that packed lunches brought from home reflect the standards for school meals introduced in January 2015.
- To encourage a high nutritional quality in packed lunches in school and therefore healthy eating habits in pupils which will enhance health and well-being.
- To encourage healthy eating habits from an early age to improve the overall health and well-being of pupils.
- To further raise the profile of healthy eating in school.

### School will provide:

- An area where pupils who choose to bring packed lunch to school can sit to eat lunch. Where possible, children having school lunches and children having packed lunch will have the opportunity to sit together. (When the hall is busy, priority will be given to pupils having a hot school lunch)
- A storage area for packed lunchboxes. However, school is unable to provide cool storage areas and therefore cannot take responsibility for food prepared at home and brought into school.
- School will, wherever possible, send uneaten food items back home in lunchboxes. This is so parents are able to monitor what their child has eaten.

### School suggests the following food to be included in a healthy packed lunch:

- At least one portion of fruit and vegetables every day (these foods provide **vitamins, minerals and fibre**)
- Meat, fish, eggs, lentils, beans, soya or hummus every day – usually in a sandwich or wrap etc.
- Oily fish such as pilchards or salmon (these foods provide **protein** for growth)
- A starchy food such as bread, pasta, rice or other types of cereal every day (these foods are a healthy source of **energy**).
- Dairy foods such as milk, cheese, yoghurts or fromage frais (these foods provide **calcium** for healthy bones and teeth).
- Cereal bars rather than cakes and biscuits
- Pretzels, fruit, crackers and cheese, vegetable/breadsticks with a dip.
- A drink – water is best, followed by semi-skimmed milk, unsweetened fresh fruit juice, diluted fresh fruit juice, drinking yoghurt or dairy based smoothies.

### **Suggestions for foods to be in packed lunches occasionally**

- Meat products such as sausage rolls, pies, corned meats and sausages/chipolatas
- Cake or biscuits
- Crisps

### **Packed lunches should never include:**

- **Nuts or nut** products because of the danger to other children with allergies
- Fizzy drinks in cans or bottles/energy drinks
- Sweets/confectionary
- Chocolate spread as a filling for sandwiches
- Hot food – due to health and safety concerns relating to food poisoning and scalding. (Hot food must be kept at a temperature of not less than 75 degrees Celsius in order to prevent the development of dangerous bacteria. School has no facilities to maintain, or monitor the required temperature for hot packed lunches. In addition, staff and children are at a risk of scalding if hot food/soups are spilled.)

### **Special Diets:**

We recognise that some pupils may require a special diet due to verified medical conditions. In this case, parents must inform school and be responsible for ensuring that packed lunches are as healthy as possible. For these reasons, children must only eat their own packed lunch.

### **Monitoring:**

- School Council will give out gentle reminders of our Packed Lunch Policy from time to time.
- We will ensure that no child feels under pressure because of the content of their packed lunch
- We will ensure that no child feels unable to eat their packed lunch because of pressure from others
- This policy will be reviewed by School Council and Governors every two years or sooner if required

**To be reviewed:** School Council: February 2021