



PACKED LUNCH POLICY FOR SHAKESPEARE PRIMARY SCHOOLS

(To be read in conjunction with the Whole School Food Policy)

To be reviewed: Annually

Adopted by Governors: Nov 2015

Amended and Reviewed: February 2024

To go to: Finance and General Purposes Committee

Approved by Governors: November 2024

Intent

The overall aim of this policy is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

This packed lunch policy will:

- make a positive contribution to ensure that all aspects of food and drink in school promotes children's health and wellbeing
- encourage a happier and calmer population of children and young people
- promote consistency between packed lunches and food provided by schools
- enable pupils to make healthy choices through the provision of information and development of appropriate skills and attitudes
- To contribute to the self-evaluation for review by Ofsted.

How and why the policy was formulated

A working party consisting of pupils, parents and staff have brought together national guidance, advice from the school nurse team and the individual needs of our children in writing this policy. A Parental survey where views were sought and considered gave the working party insight into their understanding of the terms 'healthy' and nutritious' and the issues and challenges faced in purchasing and providing a packed lunch for their child. Governors were consulted in the formulation of this policy and are key drivers in supporting school in ensuring that the needs of parents and pupils are met and that the policy considers all relevant health and safety guidelines. Pupils were consulted via whole school assemblies and through smaller workshops led by teachers and the family support team to take their views into consideration and to educate them about what makes a healthy and nutritious diet and understand the associated risks with eating e.g. allergies and choking dangers.

National Guidance

The policy was drawn up using a range of national documents including:

- Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 20050
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-guidance-for-governors>
- DfE 'Checklist for Headteachers'
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/checklist-for-headteachers>
- DfE Allergy Guidance for Schools
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>
- Eatwell Guide <https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/> and <https://www.gov.uk/government/publications/the-eatwell-guide>
- Food Facts For Life <https://www.foodafactoflife.org.uk/>

Implementation

Where, when and to whom this policy applies:

All pupils and parents providing packed lunches that are consumed within school or on school trips during school hours.

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 appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- 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 the food going off during the Summer.
- All packed lunch wrappings/rubbish should be repacked into lunchboxes and taken home so that parents can see what their child has/has not eaten.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- oily fish, such as salmon, at least once every three weeks
- 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 low in sugar e.g. water or juice.

Healthy and Balanced?

Parents are asked to consider their choices and ensure that any foods high in sugar and fats are balanced out with more healthy options. See below:

- Avoid snacks such as crisps. Instead, 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.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets are high in sugar. 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.
- **Fizzy drinks or other drinks high in sugar are not allowed.**

If staff are concerned about the contents of your child's packed lunch, then they will contact parents to discuss further and assist as required.

Risks

Parents and children receive regular communications about the risks of choking. Choking can occur with any type of food. Children are encouraged to chew their food fully when eating and be made aware of the risk posed when eating through regular workshops and lessons. Parents receive regular communications on how to chop food appropriately and be made aware of the dangers associated with choking.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the <https://www.allergyuk.org/living-with-an-allergy/at-school/for-parents/> website for accurate, reliable information on managing allergies in schools. The school also 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 these reasons, pupils are also not permitted to swap food items.

Curriculum

Healthy eating and Nutrition play an important part in our school curriculum. This is taught through PSHE, PE and Science. In addition to this, as part of our personal development and safeguarding strategies, healthy eating events and workshops take place throughout the year in order to educate pupils and encourage healthy choices. Food taster days take place each half term and pupils are encouraged to explore an array of healthy options to widen their awareness of healthy foods.

Linked policies

- Whole School Food policy
- PSHE
- Science
- DT

Dissemination of the policy

The school will distribute healthy packed lunch information to pupils and parents.

The policy will be available on the school's website.

The school will use opportunities such as parent's evenings, healthy eating events and school assemblies to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Monitoring and Evaluation

The school will carry out monitoring of packed lunch provision. Where there may be concerns over a child's food / nutrition intake and /or content of packed lunches, this will be discussed with parents

Impact

Pupil and parent voice will be sought through lessons and events in order to support healthy choices being made. This will take place through a variety of mediums such as surveys, discussions and events.

This policy will be reviewed annually.

Policy approved and adopted: 25/11/10,

Reviewed June 2013, November 2015 (amended)

Reviewed and amended by PF October 2017

Reviewed October 2019, Approved 17/10/19

Reviewed February 2024, Approved 27/11/24