

# ST MONICA'S CATHOLIC PRIMARY SCHOOL

## PACKED LUNCH POLICY



APPROVED BY THE HEADTEACHER

APRIL 2021

TO BE REVIEWED APRIL 2023

## AIM

To ensure that all packed lunches brought from home and consumed in school, (or on school trips) provide pupils with healthy and nutritious food.

## WHY DO WE NEED A POLICY?

The government has placed a duty on schools to ensure that every child is healthy and it has invested hugely in improved school meals, free fruit and support to promote children from Reception to Year Two (Universal Infant Free School Meals) taking up a school meal at no cost to them. The School Food Trust which encourages healthy eating, recommends we have a policy that is based on their model. Eating healthily is important because it will help children to;

- ✓ Be fitter and healthier now and later in life
- ✓ Learn more quickly and behave better

Our school meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of 'complex carbohydrates', such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

This policy:-

- Ensures that the school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- School will provide attractive and appropriate dining room arrangements
- School will work with parents to ensure that packed lunches are as close as possible to the guideline below
- Parents/carers will need to provide children with a suitable container which they could eat their lunch from. Please ensure that all lunch bags are clearly labelled with your child's name.
- 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.

## GUIDANCE INFORMATION

### SUGGESTIONS FOR TYPES OF FOOD **TO INCLUDE IN PACKED LUNCHES**

- **At least one portion of fruit and one portion of vegetables every day. Grapes need to be cut length ways to eliminate choking risks.**
- **Meat, fish or other source of non- dairy protein (for example; lentils, kidney beans, chickpeas, hummus and falafel) every day.**
- **Oily fish, (for example mackerel, pilchards), occasionally**
- **A starchy food, such as pasta, rice, couscous or types of bread or cereal every day**
- **Dairy food such as cheese, yoghurt, fromage frais every day**
- **Cereal bars rather than cakes or biscuits**
- **A drink, water is best or fruit juice, milk or yoghurt drinks.**

#### **FOOD TO BE LIMITED**

- **SNACKS SUCH AS CRISPS**
- **CHOCOLATE COATED BISCUITS OR WAFERS**
- **MEAT AND PASTRY PRODUCTS SUCH AS SAUSAGE ROLLS AND PIES**

#### **FOOD NOT ALLOWED**

- **CONFECTIONARY SUCH AS CHOCOLATE BARS**
- **SWEETS**
- **NUTS, PEANUT BUTTER OR ANY OTHER PRODUCTS CONTAINING NUTS**
- **FIZZY DRINKS**

#### **SPECIAL DIETS**

St Monica's recognises that some children have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In these cases, parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

#### **ASSESSMENT AND REVIEWING**

Packed lunches are reviewed by our lunchtime staff as part of their supervision of the children. Pupil's on special diets following verified medical advice will be given due consideration.

#### **PUBLICATION OF THIS POLICY**

The school will include this policy as part of the welcome pack for pupils starting in our school. The policy will also be available on our website. The school will use opportunities such as parents' evenings to promote this policy as part of a whole school approach to healthier eating.

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