



Fairchildes Primary School

Packed Lunch Policy

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Introduction

This policy is designed to ensure that any food and drink brought from home, consumed at school or on school trips provide pupils with healthy and nutritious food. All food served in school during school hours is governed by legislation. This includes breakfast clubs, packed lunches prepared by school catering staff, lunch time food and after school clubs. It is therefore important to have a comparable policy for food and drink brought from home.

Aims and Objectives

This policy intends to:

- Make a positive contribution to children's health
- Support the school's Healthy Schools status
- Encourage a happier and calmer school population
- Contribute to the self-evaluation for review by OFSTED
- Promote consistency between food brought from home and food provided by the school

This policy applies to:

All food brought from home to be consumed in school at lunch time or at other times during the school day including on a school trip.

All staff eating food brought from home, within school or on a school trip in the presence of pupils.

The School's Responsibility

The school will ensure that eating food from home is a sociable experience. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures.

However, the school is not responsible for providing fridge space or plates, bowls and cutlery. We would request that cutlery is included with food from home when required.

Special Diets and Allergies

Please be aware that Fairchildes is a **nut free school**, and therefore any **products containing nuts are not allowed in children's packed lunches**. The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to school. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs. The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction.

Contents of Lunchboxes

Similar to school dinners, packed lunches should provide a healthy, balanced meal.

Packed lunches should include:

- At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) should be included each day
- At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel) should be included each day
- Oily fish such as salmon as often as possible
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day
- Dairy food such as cheese, yoghurt, fromage frais or custard should be included each day
- Water (non-flavoured - which is the only drink allowed)

These foods should be kept to a minimum:

High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat / salt packet savoury snacks such as crisps.

These foods should not be included:

- Any food containing nuts or nut based products.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.

- Fizzy / sugary drinks. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.

Occasionally, the following may be included:

Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.

Monitoring

Dinner supervisors are asked to monitor lunchboxes. Children with more than one packet of crisps or more than one chocolate bar will be asked to take the second of each home with them.