



Westbourne Primary School

Packed Lunch Policy

Name of school/academy:	Westbourne Primary School
Date policy approved and adopted:	November 2021
Date due for review:	November 2023

Overall aim of the policy

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

Rationale

The policy was drawn up using a range of national documents including this template policy from the Children's Food Trust.

Where, when and to whom the policy applies

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

Food and drink in packed lunches:

- The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- The school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- There are no facilities to warm items of food up.
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

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, falafel) 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, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie (maximum portion 150mls), 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, cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, such as squash and fizzy 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)
- Significant allergens in school which are currently nuts, melons and pineapple

Packed lunches are to be in school at the start of the school day. The school cannot accommodate meals being delivered at lunchtimes by family members for the children to eat at lunch.

Special diets and allergies

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school.

Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools.

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors.

Healthy lunches will be rewarded by stickers, certificate, congratulatory letters home, etc.

Where packed lunches that are not in line with the packed lunch policy are brought into school, leaflets will be included in the packed lunch to go home. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this. The actions of this meeting will then be monitored.

Involvement of parents/carers

We encourage all children to eat school lunches. 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 informed as outlined below (specify).

Sharing the policy

The school will ensure that all parents/carers are aware of the policy, e.g. by sharing information via the school newsletter, website, prospectus, in assemblies, etc. The school will use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating. The policy will be shared with all school staff, including teaching and catering staff and the school nurse.