

# Packed Lunch Policy

## 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 available at all times.

The school will work with parents 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 food getting warm.

Hot food in flasks must not be brought in to school.

Wherever possible, the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

### **Packed lunches should include:**

At least one portion of fruit or vegetable every day for vitamins and minerals.

A starchy food every day for energy and concentration e.g. any bread, wrap, chapatti, pasta, rice, noodles or potatoes.

Meat, fish or another source of non-diary protein e.g. eggs, lentils, kidney beans, chickpeas, or hummus. **And/Or**

Dairy food e.g. milk, cheese, yoghurt, fromage frais or custard.

A drink of water (still or sparkling), pure fruit juice, semi-skimmed or skimmed milk or a smoothie. We advise strongly against Capri-Sun, and Fruit Shoots which are high in sugar.

### **Packed lunches should NOT include:**

High fat savoury snacks such as crisps, sausage rolls, pasties, fried samosa. **NO** nuts ( for health and safety reasons for those children with nut allergies)

High sugar and fat snacks such as chocolate bars, chocolate coated biscuits, sweets, cakes and biscuits.

### **Optional**

Either **one** small cake or biscuit or small bag of healthier option crisps is allowed on a Friday.

*These foods should only be eaten occasionally as part of a balanced meal.*

### **Special diets and allergies**

Be aware of nut allergies. We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) 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 standards to be met exactly. In these cases, 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.