



Packed Lunch Policy

Governor Review Date	Summer 2018
Review Frequency	Every 3 Years
Date for Next Review	Summer 2021
Head Teacher Approval	
Governor Approval	

Introduction

This policy has been created in consultation with the pupils and parents/carers of Caedmon Primary School.

Pupils need to eat a nutritionally well-balanced diet to grow and stay healthy. Good nutrition in childhood can help prevent a variety of health problems, both in the short term and in later life. **There is an increasing national concern that pupils are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.**

On school days, a packed lunch can contribute to a third of a pupil's food intake and therefore need to be balanced and nutritious.

Rationale

- As a school, we are required to promote healthy living, encouraging healthy eating habits from an early age.
- The content of some packed lunches can be extremely unhealthy. An audit of pupils' packed lunches revealed that pupils are consuming foods with high levels of fat, sugar and salt with very few fruit and vegetables.

Content of Packed Lunches

Packed Lunches	
Please be aware that foods that contain nuts, or traces of nuts, are not allowed.	
Allowed	Not Allowed
<ul style="list-style-type: none"> • Fruit • Vegetables • Sandwiches or wraps with appropriate filling* • One dessert** • One standard packet of crisps (no share bags) • One plain fruit yoghurt • Pupils are allowed rice, pasta or potatoes in a suitable, low fat sauce. 	<ul style="list-style-type: none"> • Sweets • Chocolate bars e.g. Twix, Twirl or Mars bar • Large packets of crisps • Pastry/fried foods • Drinks • Chewing gum • Popcorn • Any other snack high in salt and fat • Takeaway food e.g. Subway
Please ensure that grapes, cherry tomatoes and other similar foods are sliced (in half) to avoid them being a choking hazard.	
Sandwiches*	
Allowed	Not Allowed
<ul style="list-style-type: none"> • Ham • Chicken • Tuna • Cheese • Egg <p>Please consult with staff if you are unsure about an appropriate sandwich filling.</p>	<ul style="list-style-type: none"> • Chocolate spread, as this can often contain nuts or traces of nuts. • Jam • Peanut butter
Desserts**	
<ul style="list-style-type: none"> • Chocolate biscuits e.g. Penguin, Club • One piece of cake • A yoghurt (not fruit based e.g. chocolate) • Breakfast bar • Pot of jelly 	

Drinks

Pupils will be provided with a drink of milk or water. **Pupils are allowed to bring a drink of water in a clear container.** If a pupil has an opaque container, it will be confiscated and the pupil will be provided with water or milk.

Trips

When pupils attend a trip, the above guidance applies. **However, pupils are allowed to take a drink with them.** Please be aware that fizzy drinks, energy drinks, hot drinks, soup, flasks and glass containers are not permitted.

Waste and Disposal

Pupils must keep any uneaten food and used packaging in their packed lunches so that parents/carers can monitor what their child has consumed during the school day. This will allow parents to raise any concerns with the school.

Packed Lunch Containers

Parents/carers are responsible for sending their child to school with an appropriate packed lunch container.

In warm weather, parents/carers are advised to include an ice pack to regulate the temperature of the packed lunch. This will prevent the growth of unhealthy bacteria.

Storage

The school will provide a packed lunch crate where all packed lunches will be stored throughout the day.

Dining Facilities

Pupils will eat their packed lunch with other pupils, as part of our 'family dining'.

Non-Compliance

Non-compliance with this policy will result in the following:

Day 1	Letter sent home to parents, informing them that the packed lunch for the following day must comply with this policy.
Day 2	The child will eat their dinner in isolation with a member of staff.

Persistent non-compliance will result in moving to Day 2 immediately. This is at the discretion of the Headteacher.

If your child has a diagnosed medical condition, which affects what they can and cannot eat, please speak to the Headteacher.

No policy can cover all eventualities. On all matters regarding packed lunches, the Headteacher's decision is final.

The Role of the Governing Body

The Governing Body supports the Headteacher in implementing this policy.

Monitoring and Review

The Governing Body monitors and reviews this policy every three years.

Every care has been taken in the compilation of this policy and the information provided is correct at the time of publication.

Any policies that have been referred to in this policy are available on the school website (www.caedmonprimaryschool.co.uk) or are available upon request from the school office. Written information that is normally provided by the school can be provided in alternative forms.