

# **Keston Primary School and Nursery**

## **Packed Lunch Policy**

### **Aim**

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

The contents of this Policy have been informed by guidance from The Children's Food Trust. Parents, staff and the children have been consulted in the writing of this policy.

### **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.
- In Early Years and Key Stage 1 the school will, wherever possible, enable pupils eating packed lunches and pupils eating school lunches to sit together.
- In Key Stage 2 pupils eating packed lunch will do so in the junior hall; this arrangement will be kept under review and changes made to enable children to sit with those eating school lunches if possible.

### **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, humus, 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 (natural or fruit based), fromage frais or custard every day

- The school will provide drinking water and unless away from school on a visit no other drink should be provided

**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 or savoury biscuits - instead include seeds, vegetables and fruit with no added salt, sugar or fat (**no nuts please**)
- Confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets
- Items which are high in fat, saturated fat, sugar or salt

**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. If your child has a packed lunch and a special diet is required please contact the school office.

**Assessment, evaluation and reviewing:**

Where packed lunches that aren't 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.

**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.

**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 lessons 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.