



# **Hamp Nursery & Infants' School**

## **Packed Lunch Policy**

**2016 - 2017**

# Hamp Nursery & Infant School

## Packed Lunch Policy

### Aim

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

### Why we need a policy

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life
- Learn quicker and behave better

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of “complex carbohydrates” such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.

### Who does the policy apply to

To all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below
- Whenever possible the school will allow children eating packed lunch or school meals to sit together
- Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Children must only eat their own food and not other children's.

**End of Year Parties:**

Staff felt as part of creating a healthy ethos within the school and promoting the idea of a balanced diet and life style, special exception to the above rules would be granted for trips and parties as they were seen as a treat and children will be able to bring in food as directed by the class teacher.

**PACKED LUNCHES SHOULD INCLUDE :**

- At least one portion of fruit or vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad)
- Oily fish, such as pilchards, salmon or tuna occasionally
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals daily
- Dairy food such as milk, cheese, yoghurt or fromage frais
- Cereal bars rather than cakes and biscuits
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip
- A cake or biscuit can be included as a dessert

**PACKED LUNCHES SHOULD NOT INCLUDE:**

- snacks such as crisps (instead you could include seeds, vegetables and fruit – savoury crackers or breadsticks served with fruit, vegetables or dairy food)
- confectionery such as chocolate bars, sweets are not allowed at lunch or any other time
- any drinks, as milk and water is supplied

The school recognises that some pupils may require special diets that don't exactly conform to the school food standards. In such circumstances parents should take care to ensure those packed lunches are as healthy as possible.

Assessment and Review

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Staff will talk to children about healthy eating and healthy lunchboxes. This is an important policy which parents are expected to follow. If parents do not follow the guidelines of our 'healthy eating' packed lunches the class teacher will raise this matter at the end of the day.

Publication

This policy will form part of our Induction Pack to all new parents and it will also be published on our website.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.