

Chilton Primary School Packed Lunch Policy

Policy approved and adopted: April 2010

Due for review: February 2011

Overall aim of the policy:

To encourage families to provide packed lunches consumed in school (or on school trips) which contain healthy and nutritious food that is similar to food served in schools (which is now regulated by national standards).

To educate pupils about healthy life choices. To contribute to pupils' health and well being.

How and why the policy was formulated:

The policy was formulated:

- As part of the school's commitment to being a Healthy School.
- As part of the school's ethos of educating pupils to make responsible life choices.
- To make a positive contribution to children's health.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which, from September 2006 and 2007, must adhere to national standards set by the government. This is an area reviewed by OFSTED as part of the school inspection process.

The policy was formulated following consultation with staff, parents, pupils and governors.

National Guidance: The policy was based on a draft policy from the School Food Trust.

Where, when and to whom the policy applies:

To all pupils eating packed lunches to be consumed within school or on school trips during normal school hours.

To all adults eating a packed lunch with pupils. For example, staff and parents/carers on school trips.

How we will monitor the success of this policy:

If a Midday Meal Supervisor or member of senior staff notices that a child regularly has a packed lunch that varies significantly from suggested guidelines, then the school will contact the parents to discuss this. (Please note: pupils with special diets will be given due consideration.)

Healthy lunches will be encouraged by the use of stickers and congratulatory certificates.

Linked policies:

Other school policies which have links with food and healthy eating are:

- Whole School Food Policy
- DT Policy
- PSHE Policy

How will this policy be shared:

The school will send a copy of the final policy to all existing families.

The policy will be included in the school brochure, which is given to all new parents.

The policy will be available on the school's website.

The school will use opportunities such as Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff will be informed of this policy and will support its implementation.

Packed lunches: what the policy states

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available during the lunch break.

The school will ensure that tables where pupils eat their lunches are tidy and hygienic.

The school will ensure that staff supervising pupils eating packed lunches are aware of food hygiene procedures.

The school will work with parents to encourage the provision of healthy and nutritious packed lunches.

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 the food going off.

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

It is suggested that packed lunches should include:

- A balance of items from the following food groups: carbohydrates, protein, calcium, vegetables and fruit. (See list of suggestions for ideas if you wish.)
- A drink: preferably - water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks/smoothies.

Packed lunches could occasionally include:

- Snacks such as crisps, biscuits, cakes
- Meat products such as sausage rolls, individual pies, corned meat and sausages

Packed lunches should never include:

- Sweets, pure chocolate or fizzy drinks

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case 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.

If the school is aware of children with severe nut allergies in school, it will consult with the parties involved and medical professionals and take action necessary which may include banning known nut products.

Parents should bring to the attention of the classteacher and a senior member of staff any issues connected with their child's diet.

Consultation can be arranged with the school nurse if required.

This page does not form part of the packed lunch policy. It is intended to provide SUGGESTIONS for foods from each group. Please note that all items are suggestions only and it is of course possible to substitute similar foods.

Carbohydrates for energy	Protein to help growth	Calcium for strong bones and teeth
Bread Roll Bagel Tortilla wraps Muffin, halved Plain chapatti or naan bread Submarine roll Malt loaf, sliced Rice cakes Salad using leftover plain cooked pasta, noodles, couscous or quinoa Wholemeal pitta bread Zebra sandwich (1 slice brown bread the other white)	Bacon, grilled Bean salad Chicken slices Chicken tikka pieces Chipolata sausages (ones with a high meat content) Chorizo Egg Falafel Fish – canned, such as sardines in olive oil or crab Houmous Kidney beans, mashed with a little French dressing Prawns defrosted and dried on kitchen paper Quiche Roast meat leftovers, such as beef, chicken, lamb or pork, perhaps with tomato salsa or chutney Salmon, canned in brine, drained Sliced ham Smoked mackerel Tuna, canned in spring water, drained Turkey slices – try with mango chutney	Smoked cheese Bite-size cheese triangles, circles or cubes Cheddar cheese Dip Cottage cheese Custard in a pot Fromage frais Fruit smoothie Goat's cheese – soft, spreadable type Hunk of Lancashire cheese with chutney dip Italian mozzarella cheese Milkshake Nibbles of cheese – try a selection of cheeses Philadelphia cheese – light variety Pot of yoghurt Rice pudding pot

Packed lunches should include a minimum of one fruit and one vegetable

Vegetables – vitamins for health	Fruit for vitamins to fight disease
Mixed salad leaves Broccoli, raw, cut into mini florets Carrot sticks Olives Lettuce - shredded or leaves separated A couple of florets of raw cauliflower Potato salad, canned, drained, quartered with tomatoes with Italian dressing Corn from a can, drained Peppers, deseeded, cut into strips	Apple – cut into wedges, wipe with lemon juice and put into sealable box Banana – cut a slit at the top for easy peeling Canned fruit in natural juice Dried fruit, mini packets Exotic fruit salad Fruit smoothie or unsweetened fruit juice Juice (pure fruit) mini cartons, chilled or frozen Kiwi fruit, top removed, served with a spoon Mango half, in skin, flesh scored like a hedgehog Melon, cubed Nectarine or tangerine Orange, cut into wedges Pear or plum Raspberries or strawberries in a little pot Very ripe wedges of papaya, squeezed with lime