



# **Healthy Packed Lunch Policy**

## **December 2020**

<b>Last updated:</b>	<b>December 2020</b>
<b>Review Date:</b>	<b>September 2022</b>

## Contents:

### Statement of intent

1. Legal framework
2. Aims and objectives
3. Food and drink in packed lunches
4. Storage and waste disposal
5. Allergies and special diets
6. What the school will provide
7. Breaches of the policy
8. Monitoring and review

## **Statement of intent**

Buxton Primary School understands the importance of developing healthy food habits in children. The beneficial effects these habits have on concentration, overall school performance and prevention of obesity, are examples of why a healthy packed lunch policy should be enforced.

Buxton Primary School meets the requirements of the School Food Standards and aims to maintain these standards across all packed lunches and school dinners.

## **1. Legal framework**

1.1. This policy has been created with regards to the following guidance:

- School Food Plan 'School Food Standards' 2015
- DfE 'School food in England' 2016

## **2. Aims and objectives**

2.1. While maintaining this policy, Buxton Primary School aims to:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents with clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of packed lunches that pupils consume.

2.2. To comply with our healthy eating policy, parents are required to:

- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating.

## **3. Food and drink in packed lunches**

3.1. Based on the School Food Standards, packed lunches at Buxton Primary School will contain the following:

- One portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese, yoghurt or custard
- An oily fish will be included at least once every three weeks
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

3.2. All school packed lunches will contain a balance of foods from each food group.

3.3. Packed lunches will contain snacks that comply with this policy – these may include, but are not limited to the following:

- Chopped vegetables, carrot or celery sticks
- A portion of fruit

3.4. To allow for the promotion of healthy eating, the following food and drink are not permitted by Buxton Primary School:

- Confectionary items such as whole chocolate bars, sweets or chewing gum
- Carbonated drinks or those containing high levels of caffeine

## **4. Storage and waste disposal**

- 4.1. Packed lunches will be kept in appropriate containers on the class lunch trolleys.
- 4.2. Any food not consumed by a pupil will be sent home with them.

## **5. Allergies and special diets**

- 5.1. Buxton Primary School understands that some pupils may have allergies to some foods, or have specific dietary requirements that do not adhere to this policy. In these cases, pupils affected by specific dietary requirements will bring a packed lunch that is as healthy as possible.
- 5.2. Pupils are not permitted to share or swap any food, including that provided from home in a packed lunch or snacks.
- 5.3. Food provided for pupils with allergies will be managed in accordance with our nut free policy and medical diets in place via our caterer.

## **6. What the school will provide**

- 6.1. In accordance with DfE's guidance 'School food in England' 2016, Buxton Primary School will ensure that pupils have access to free, fresh water at any time.
- 6.2. Clean dining areas are available for all pupils; Buxton Primary School will aim to prevent segregation of packed lunch and school dinner pupils.
- 6.3. Advice for parents regarding our policies and healthy eating regulations will be available at all times.
- 6.4. Staff and catering members will undertake regular inspections of packed lunches, to ensure that they comply with this policy.

## **7. Breaches of the policy**

- 7.1. Where concerns arise about the contents of a pupil's packed lunch, this will be dealt with appropriately with a telephone call home to parents.

## **8. Monitoring and review**

- 8.1. The SLT will review this policy every 2 years in line with the nut free policy, and ensure that all procedures remain current and up to date.
- 8.2. The Governing Board will work with the school to review the packed lunch policy and provide advice and support where needed.
- 8.3. Any changes to government guidance regarding school food standards may lead to changes in this policy.
- 8.4. All staff will be notified of any changes made to this policy.