

PACKED LUNCHES POLICY

Introduction

All food and drink provided by Pippins School is required by law to meet the school food standards. These standards do not apply though to packed lunches brought into the school by pupils. However, at Pippins School we expect pupils to bring in packed lunches that would satisfy these nutritional standards and would be in line with the school's nutrition policy.

Objectives and targets

The objective of this policy is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools and up to the national standards required of food served to pupils who take school lunches.

Action plan

At Pippins School we want to ensure the dining environment for those pupils who choose to bring in packed lunch from home is as safe and welcoming as that offered to those pupils who choose to take a lunch provided by the school.

Packed lunches should be contained in strong lunch boxes and, wherever possible, include a freezer block or similar because the school does not have facilities for keeping lunchboxes refrigerated. Fresh drinking water is available at all times and pupils should bring a water bottle with their packed lunch each day. In addition, and to promote awareness of an eco-friendly ethos throughout the school, we encourage pupils to make any waste from their lunch as recyclable as possible. Single use plastic wrappers are discouraged.

All relevant members of staff are trained to know current standards and regulatory requirements of food standards in schools. Food brought from home is not covered by the regulations covering school food standards. However, the school is allowed to set its own rules with regard to what food can be brought into school and this may include the exclusion of items which contain well-known allergens or which the school considers unacceptable.

The school will inform all parents/carers about the policy by reference to it in communications, for example, school website, parents' evenings and newsletters. It will be promoted as part of the whole school's approach to healthier eating and is supported by all school staff and catering staff.

Content of packed lunches

We are a NO NUT school, this includes all the different types of chocolate spreads. No chocolate spread is allowed on school site.

Packed lunches should include a healthy balance of protein, carbohydrate/starch, vitamins, minerals and fibre and examples include the following:

- Protein-rich food: Meat, cheese, eggs, kidney beans, fish such as salmon or tuna, seeds, lentils, chickpeas, humous, falafels.
- Carbohydrate/starch-rich food: bread, rolls, pitta, wraps, crackers, pasta, rice, couscous, noodles, potatoes.
- Vitamin-rich food: vegetables and fruits (these also contain fibre).

- Mineral-rich food: a balance of all the above should provide a sufficient range of minerals while milk and dairy products, eg cheese, yoghurt, fromage frais, custard, contain calcium.
- Water or fruit juice.

Packed lunches should **not** include:

- Savoury pastry products such as sausage rolls (high in fat).
- Savoury snacks such as crisps (high in fat and salt).
- Sweet pastry products such as doughnuts (high in fat).
- Confectionery/sweets, and foods covered in chocolate (high in fat and sugar).
- Fizzy drinks such as cola (high in sugar).

A useful guide which will help parents prepare the ingredients of a good packed lunch can be found in the publication School food standards practical guide which can be found at:

www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide.

Special diets and allergies

The school will support children who need special diets, especially where recommended by medical advice, and all children are asked not to share their food so that children with food allergies do not eat something that could potentially harm them.

The 14 allergens which parents should be mindful of when providing a packed lunch from home are:

- Celery.
- Cereals containing gluten (such as wheat, barley and oats).
- Crustaceans (such as prawns, crabs and lobsters).
- Eggs.
- Fish.
- Lupin.
- Milk.
- Molluscs (such as mussels and oysters).
- Mustard.
- Peanuts.
- Sesame.
- Soybeans.

- Sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million).
- Tree nuts (such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts).

Non-compliance

At Pippins School we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. Parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches that conform to this packed lunch policy.

On a daily basis, school staff see what children have in their lunch boxes while supervising them at lunchtime. This is an opportunity for them to talk with children about the contents of their lunch boxes and to encourage healthy eating and drinking.

However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. Where parents and pupils do not adhere to the packed lunch policy, the parents and pupil will be reminded of the policy and asked to comply with it. If the pupil continues to bring in regularly a packed lunch that does not conform to the policy then the parents will be asked to meet with the key stage leader and or headteacher to discuss the matter and explain why this is happening. Continued failure to meet the requirements of this policy may lead to reporting the matter to Slough Children's First Services.