



# St Thérèse of Lisieux Catholic Primary School Packed Lunch Policy



Date	Review Date	Responsible Persons
<u>Summer 2017</u>	<u>Summer 2019</u>	<u>C.Stott</u>

At St Therese of Lisieux RC Primary School all our policies and practices are based on our school mission statement: 'To Live in Love'

In order to '*Live in Love*' we are called:

- To Love God
- To Love Each Other
- To Love Ourselves

## **Aim**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

This policy has been formulated to help and guide parents in providing their children with a healthy nutritious lunch. We need to promote consistency between lunch boxes, being aware of the needs of not just our own children but that of others. By providing well balanced lunch boxes you are helping the children to be happier and calmer young people.

The policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

- The school will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- Children are advised to bring packed lunches in insulated bags with freezer blocks, where possible.
- Children are expected to eat/try most of the items in the lunchbox and parents are asked to only add the foods they expect their child to eat.
- Children are expected to bring home all packaging and containers in their lunchbox so parents can review what their child has eaten.
- Parents must supply a spoon for yoghurts/jelly etc.

## **As a guide on healthy eating packed lunches should include:**

- At least one portion of fruit and one portion of vegetable
- Meat, fish or other source of non-dairy protein every day
- Oily fish, at least once every three weeks
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other cereal
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard



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### **Packed lunches should NOT include:**

- Snacks such as crisps, instead include breadsticks, seeds, raisins, savoury crackers etc.
- Chocolate bars or sweets, instead include fruit, raisins, plain biscuits

### **Special diets and allergies**

PLEASE be aware of allergies, particularly the ever common nut allergy. We ask that **no nuts** are put in lunch boxes or **peanut butter** used in sandwiches.

We also recognise 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 children are not allowed to swap food items.

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### **Assessment, evaluation and reviewing**

- Parents of pupils wishing to have packed lunches are expected to provide their children with lunches which conform to the packed lunch policy.
- Packed lunches will be regularly reviewed by teaching staff / catering staff / midday supervisors.
- Parents are encouraged to follow the guidance in the packed lunch policy.
- If at any point the school is concerned about the contents of a packed lunch or if children are not eating their packed lunch, parents/carers will be contacted.

### **Dissemination of the policy**

We will write to all new and existing parents/carers to inform them of the policy. The policy is available on the school website.

We will use opportunities such as parent's evenings and school trips, to promote this policy as part of a whole school approach to healthier eating.