

Oldfield Park Infants' School **Packed Lunch Policy and Guidelines**

Aims

To ensure that packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to food served in schools. All food served in schools which is now regulated by the Food and Nutrient Based Standards for School Lunches and the Food and Nutrient Based Standards for food other than lunches.

Formulation of the Policy

The policy has been developed by the School Food Group as a result of the school's involvement in the National Healthy Schools Status and the Food For Life Partnership. The School Food Group include representatives from staff, parents, governors and catering staff. Their ideas are discussed by the children via the School Council and the P.S.H.E. curriculum.

Reasons for introducing a policy include :-

- to make a positive contribution to children's health and ability to learn
- to encourage a happier and calmer atmosphere in school
- to promote consistency between packed lunches and food provided by the school which must conform strictly to National Standards set by the government (see below).
- to strengthen the school's excellent work in the area of healthy eating

The school recognises that this can be a sensitive issue and therefore wishes to make the following points:

- we support the school meals service and would prefer all children to have a school meal.
- we understand that there are several valid reasons why parents may choose to provide a packed lunch for their child
- only the parent/ carer knows how the food provided in a packed lunch forms part of that child's overall balanced diet.
- although there is no ban on any foods we would prefer parents and carers to do their best to follow these guidelines

National Guidance

A range of national documents and information regarding food in schools have been considered in drawing up this policy.

Standards for Food In Schools available at www.schoolfoodtrust.org.uk

The Food In Schools Toolkit

Food Policy in Schools – a strategic framework for governing bodies.

The policy applies to all packed lunches provided from home to be consumed within school or on school trips during normal school hours.

Food and Drink in Packed Lunches

- The school provides facilities and adequate time for pupils to eat packed lunches.
- Free fresh drinking water is provided. Parents do not have to provide a drink as part of the packed lunch.
- In warm weather parents are advised to pack a small freezer block in the lunch box to keep food cool.
- The school would prefer the content of packed lunches to follow the guidelines below.

Packed lunches should include :

- at least one portion of fruit and one portion of vegetables every day.

- meat, fish or other source of non dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter) 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 types of cereal every day.
- dairy food such as milk, cheese, yoghurt, fromage frais, or custard every day.
- if you wish to provide a drink the following are acceptable : non flavoured water, fruit juice, yoghurt or milk drinks, smoothies.

Packed lunches should not include :

- snacks such as crisps. Instead we ask that nuts, seeds, vegetables and fruit (with no added salt, sugar or fat.) are brought instead. Please note that the School Meals Service does not serve any deep fried food and oven baked chips are only served once.
- confectionery such as chocolate bars, chocolate covered biscuits and sweets. Cakes and biscuits are preferred as part of a balanced meal.
- we would prefer lunches not to contain processed items such as dippers and cheese strings etc.

Special Diets and Allergies

Please ensure that we are aware of any special diets that do not allow for the guidelines to be followed exactly. In such cases we do ask that parents make sure the packed lunch is as healthy as possible. The school meals service is also able to provide for special diets due to either health or cultural reasons.

Children are not permitted to swap or share food items.

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