



Packed Lunch Policy

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

- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Whenever possible the school will allow children eating packed lunch or school meals to sit together.
- Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal. A spoon or a fork when needed
- Children must only eat their own food and not other children's.

Guidance:

Suggestions for food to include in a healthy packed lunch • At least one portion of fruit or vegetables every day.

- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include Dairylea Lunchables or similar products).
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Suggestions for food to NOT include in a healthy packed lunch (these are all foods we have already asked children not to bring to school).

- Confectionery such as chocolate bars. Sweets and chocolate are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies. No Nutella spread.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.
- Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Bombay mix, Chevdo
- Meat and pastry products such as sausage rolls or pies

Special diets

The school also recognises that some pupils may have verified medical conditions requiring 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.

Assessment, evaluation and reviewing

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other rewards. Pupils' on special diets following verified medical advice will be given due consideration.

Publication of the policy:

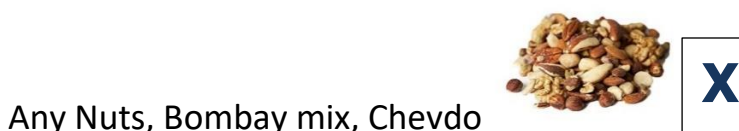
The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school's website and will be incorporated into the school prospectus. The school will use opportunities such as parent evenings to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Updated September 2019

Barham Primary School

We have been monitoring lunch boxes and would like to remind parents that the following things should not be included in your child's lunch box.



Cakes and plain biscuits only once or twice a week as a treat but still as part of a balanced lunch box.

