



THE WORDSLEY SCHOOL  
BUSINESS & ENTERPRISE AND MUSIC  
COLLEGE

DRAFT  
PACKED LUNCH POLICY

Review Date: April 2011

### **Overall aim of the policy:**

To ensure that 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.

### **How and why the policy was formulated:**

The policy has been formulated by the SNAG meeting and a group of Year 7 pupils as part of their Healthy Eating PSHE curriculum.

### **National guidance**

e.g. The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust policy in schools – a strategic policy framework for governing bodies (National Governors' Council (NGC) 2005).

### **Where, when and to whom the policy applies:**

e.g. to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

### **Food and drink in packed lunches: what the policy states**

**Schools are advised to select and adapt policies from the below suggestions as appropriate for their individual circumstances:**

**e.g.:**

- The school will continue to provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will continue to work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will continue to work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

### **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 and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.

- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Only water, still or sparkling, fruit juice, semi-skimmed milk, yoghurt or milk drinks and smoothies.

**Packed lunches should not include on a regular basis:**

- Snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally.

**Special diets and allergies**

The school also recognises 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 pupils are also not permitted to swap food items.

**Assessment, evaluation and reviewing:**

Parents and pupils who bring packed lunches regularly which do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of our Policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Pupils with special diets will be given due consideration.

**Involvement of parents/carers:**

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents and the School Nutrition Action Group informed as per the methods details under the “Dissemination of the policy”.

**Linked policies:**

List all the school’s policies that are relevant to healthier eating, e.g. food technology, PSHE, science, technology (primary schools), on site policy.

**Dissemination 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, assemblies, portal etc.

The school will use opportunities to promote this policy as part of a whole school approach to healthier eating.

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

Signed .....

Date .....