

# Dame Ellen Pinsent School

## Packed Lunch Policy



*Where children develop independence and confidence; learning through curiosity, play and enquiring*

<b>Next Review:</b>	March 2026	K. Parker	<b>Policy Type:</b>	Good practice
<b>Last Review:</b>	March 2022	K. Parker	<b>Adopted from:</b>	
<b>Date Ratified:</b>			<b>Governing Body:</b>	FGB
<b>Pages: 3</b>			<b>Review Period:</b>	4 Years

### Overall Aim of the Policy:

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.

### How and Why the Policy was formulated:

The aim of the policy is to:

- Make a positive contribution to children's health
- Encourage a happier and calmer population of children and young people.
- Promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government
- Contribute to the self-evaluation for review by Ofsted.

National Standards state that food in school should contain:

- high-quality meat, poultry or oily fish
- fruit and vegetables
- bread, other cereals and potatoes

There can't be:

- drinks with added sugar, crisps, chocolate or sweets in school meals and vending machines

### Relationship to other policies and legislation and useful websites

- PSHE
- Nutritional standards for school lunches
- DH/DfE Food in Schools programme
- [www.allergyinschools.org.uk](http://www.allergyinschools.org.uk)
- <https://wellbeinginfo.org/services/childrens-food-trust/>

### Where, When and to Whom the Policy applies:

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:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- 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 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 ideally include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus 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 cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

Only water, still or sparkling, pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies –pop is not allowed in school and squash is restricted to break times where it is necessary to provide weak squash for PECS choices.

#### Packed Lunches should ideally not include:

- Snacks such as crisps. Instead include dried fruit, 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.
- Sweets 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.

**We do however recognise that many of our pupils have a restricted diet due to food issues associated with their learning difficulty. Staff will be sympathetic to these issues, whilst endeavouring to encourage the pupils to try different foods. However, we recognise that it is better to eat something unhealthy than it is to eat nothing at all.**

**If your child has a restricted/specific diet that does not adhere to the policy guidelines, then please speak to school staff to make alternative arrangements.**

**Any uneaten food will be returned home in lunchboxes so that you can see what has been eaten/uneaten.**

#### 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. Nuts or

nut products are not permitted in either lunchboxes or in food provided by school.

#### Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by teaching staff / teaching assistants / midday meal supervisors and school staff.

#### Dissemination of the Policy

The policy will be included on the school website and this information will be listed in the school brochure. Parents will be reminded of our expectations in regular newsletters.

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