



**The Federation of Sacred Heart RC School and St Mary's
RC School**

PACKED LUNCH POLICY

Adopted by the Governing Body: 2020

Reviewed (1):

Reviewed (2):

Reviewed (3):

Reviewed (4)

Policy Rationale

This policy aims to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch. We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

This policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

Guidance and tips on providing healthy packed lunches can be found at the NHS link below:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Contents of Packed Lunches

NHS UK recommends a balanced lunch box should contain:

- Carbohydrate foods such as bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yoghurt
- Vegetable or salad and a portion of fruit.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children.) **We are a Water only school.**
- Confectionery such as chocolate bars and sweets.
- Chocolate spread as sandwich filling
- Nuts and nut products
- Chewing gum
- Sugared/toffee and salted popcorn

Special diets and allergies:

We ask that all parents/carers be aware that a number of children at Sacred Heart/St Mary's have diagnosed food allergies or medical conditions. The school recognises that some pupils may require special diets that do not follow the healthy food policy exactly. In these cases parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have specific nut allergies we ask parents to refrain from including nuts and peanut butter in lunches.

Sacred Heart and St Mary's are NOT nut free schools.

It is not possible to guarantee and enforce a nut free zone. Staff cannot monitor all lunches and snacks brought in from home. A nut free environment can create a false sense of security and does not safely prepare children for environments where nuts may be present. Age appropriate education and awareness is important. The school also needs to consider other children with food allergies and it is not practical to restrict them all. There are procedures in place to minimise the risk of reaction via cross contamination in school.

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Facilities for Packed Lunches

We will:-

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch and wherever possible, ensure that pupils with a packed lunch and pupils having school meals are able to sit and eat together.

Monitoring

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any sweets or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit or alternative drink.

Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.