



St Cuthbert's RC Primary

Packed Lunch Policy

'Be yourself, but be it very well'

'Every child has the right to the best possible health.'

Article 24 of the United Nations Convention on the rights of the child.

Rationale:

School Council say 'Our Packed Lunch Policy is designed to help all children in our school to stay strong and healthy.'

This policy has been driven by children, for children

Our school has a duty of care to keep all pupils happy and healthy and to positively promote the well-being of every pupil.

This policy is to ensure that all packed lunches brought from home and eaten in school, or on school trips, provide pupils with healthy, safe and nutritious food. The content of lunchboxes should reflect the requirement of schools to meet minimum food and nutrition standards for school meals and should provide a nutritious, balanced diet to support the pupils learning and development.

Aims:

- To ensure that packed lunches brought from home reflect the standards for school meals introduced in September 2006. (Visit www.schoofoodtrust.org.uk for more information).
- To encourage a high nutritional quality in packed lunches in school and therefore healthy eating habits in pupils which will enhance health and well-being.
- To encourage healthy eating habits from an early age to improve the overall health and well-being of pupils.
- To further raise the profile of healthy eating in school.

School will provide:

- An area where pupils who choose to bring packed lunch to school can sit to eat lunch. Where possible, children having school lunches and children having packed lunch will have the opportunity to sit together. (When the hall is busy, priority will be given to pupils having a hot school lunch)

- A storage area for packed lunchboxes. However, school is unable to provide cool storage areas and therefore cannot take responsibility for food prepared at home and brought into school.
- School will, wherever possible, send uneaten food items back home in lunchboxes. This is so parents are able to monitor what their child has eaten.

School Council suggest the following food to be included in a healthy packed lunch:

- At least one portion of fruit and vegetables every day (theses foods provide **vitamins, minerals and fibre**)
- Meat, fish, eggs, lentils, beans, soya or hummus every day - usually in a sandwich or wrap etc.
- Oily fish such as pilchards or salmon (these foods provide **protein** for growth)
- A starchy food such as bread, pasta, rice or other types of cereal every day (these foods are a healthy source of **energy**).
- Dairy foods such as milk, cheese, yoghurts or fromage frais (these foods provide **calcium** for healthy bones and teeth).
- Cereal bars rather than cakes and biscuits
- Pretzels, fruit, crackers and cheese, vegetable/breadsticks with a dip.
- A drink - water is best, followed by semi-skimmed milk, unsweetened fresh fruit juice, diluted fresh fruit juice, drinking yoghurt or dairy based smoothies.

Suggestions for foods to be in packed lunches occasionally

- Meat products such as sausage rolls, pies, corned meats and sausages/chipolatas
- Cake or biscuits - on Wednesday only, in line with school lunches
- Crisps - on Friday only, in line with school lunches

Packed lunches should never include:

- Fizzy drinks in cans or bottles/energy drinks
- Sweets/confectionary
- Chocolate spread as a filling for sandwiches
- Nuts or nut products because of the danger to other children with allergies
- Hot food - due to health and safety concerns relating to food poisoning and scalding. (Hot food must be kept at a temperature of not less than 75 degrees Celsius in order to prevent the development of dangerous bacteria. School has no facilities to maintain, or monitor the required temperature for hot packed lunches. In addition, staff and children are at a risk of scalding if hot food/soups are spilled.)

Special Diets:

We recognise that some pupils may require a special diet due to verified medical conditions. In this case, parents must inform school and be responsible for ensuring that packed lunches are

as healthy as possible. For these reasons, children must eat their own packed lunches and no-one else's.

Tuck Shop:

Our Fairtrade Tuck Shop operates on a Friday afternoon. As well as being an extra treat during Golden Playtime, it is an integral part of our school's Catholic Social Teaching, in that by buying Fairtrade products, we are helping farmers in developing countries to support themselves and their families by ensuring they receive a fair price for their produce.

We acknowledge that, in addition to cereal bars, chocolate and biscuits are also for sale. It is parent's choice as to whether they will allow their children to buy items from the tuck shop or not.

Monitoring:

- School Council will give out gentle reminders of our Packed Lunch Policy from time to time.
- We will ensure that no child feels under pressure because of the content of their packed lunch
- We will ensure that no child feels unable to eat their packed lunch because of pressure from others
- This policy will be reviewed by School Council and Governors every two years or sooner if required

School Council say *'A healthy lunch will keep children focused during afternoon lessons.'*

School Council: May 2016

Finance and Personnel Committee: May 2016

Reviewed: School Council: February 2019