



**George Eliot**  
Primary School

# Packed Lunch Policy

**Ideally all George Eliot children will partake in our delicious and nutritious school lunches. If parents choose to provide a packed lunch this policy applies.**

## **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:**

This policy was produced by the Head and Deputy Head. It has been put on the School web-site and parents are invited to offer comments and suggestions about the policy.

## **George Eliot is working towards Healthy Schools Status and is committed to**

- making a positive contribution to children's current and future health
- encouraging a happier and calmer population of children and young people
- promoting consistency between packed lunches and food provided by schools which now must adhere to national standards set by the government

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

To all pupils and parents providing packed lunches to be consumed within school, on school trips or on school premises.

## **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.

### **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, and falafel) every day
- oily fish, such as tuna or salmon, at least once every three weeks
- a starchy food such as any type of bread, chapatti, pitta, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, or custard everyday
- smoothies may be included as a dessert
- only water should be included

### **Packed lunches should not include:**

- NUTS or any product that contains nuts (this includes pesto)
- crisps
- confectionery such as chocolate bars, chocolate-coated biscuits, donuts, croissants, pastries and sweets.
- meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally
- tomato ketchup

### **Special diets and allergies**

The school is aware that some pupils may suffer from severe allergic reactions to certain foods. In cases where the school has been made aware of this by parents or the school nurse, provision is made in the school office for individual boxes containing information on the child's allergies, a photo of the child and an EPI PEN. Staff, including lunchtime staff, have annual training on the use of the EPI PEN. Photos of the pupils with severe allergic reactions are also kept in the medical room and child's classroom. 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**

- Packed lunches will be regularly reviewed by teaching staff or midday meal supervisors.
- Parents and pupils who do not adhere to the Packed Lunch Policy will receive a slip in the first instance. 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.
- Please note: 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.

**Dissemination of the policy:**

- The policy will be available on the school's website
- All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Reviewed by: Naomi Leaver and Debbie Shewell

Date: September 2016

Review due: September 2018