

LEARN TOGETHER



ACHIEVE TOGETHER

### Packed Lunches Policy

The School Food Ambassadors have written this policy and have shared it with parents at a consultation event in March 2015.



#### **Mission Statement**

To make sure we all eat healthily so we can have healthy bodies and so we can learn as much as we can.

#### **Food and drink in packed lunches:**

- We will provide free, fresh drinking water to have with a packed lunch.
- We will make sure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- We will work with parents to ensure that packed lunches meet the standards listed below.
- We do not have fridge space to stop the food going off in packed lunches.

#### **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 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 every day.
- ✓ Only water, still or sparkling, cordial with no-added sugar, yoghurt or milk drinks.
- ✓ **One item** of food high in salt, fat or sugar such as crisps, cakes and biscuits are allowed.

**Should children bring more than 1 item of food high in salt, fat or sugar they will be asked to choose one to eat at lunch time and leave the rest in their lunch boxes to take home to eat.**

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

- Sweets
- Chocolate bars
- Chocolate-coated biscuits
- Meat products such as sausage rolls or pies.

We want everyone to enjoy a BALANCED DIET at lunchtime so we will look in lunchboxes from time to time to survey how healthy our packed lunches are.

