



Packed Lunch Policy

MARINE ACADEMY PRIMARY and Nursery POLICIES

VERSION CONTROL SHEET

POLICY NAME: Packed Lunch Policy

Policy Prepared by: Claire Jones

Document date	Filename	Meeting submitted	Summary of changes required
04.09.17	Packed Lunch Policy	September 2017	

Aim of the policy:

- ★ To ensure that all packed lunches brought from home and consumed in at Marine Academy Primary & Nursery or on educational visits provide the pupils with healthy and nutritious food.
- ★ To promote consistency between packed lunches and food provided by the Academy which, must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information

National guidance:

This policy written in line with a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools Toolkit (Department of Health) and Food Policy in Schools – a strategic policy framework for governing bodies, NHS Change for Life.

Where, when and to whom the policy applies:

- ★ To all parents/carers providing packed lunches that are to be consumed within Marine Academy primary & Nursery.
- ★ The Academy will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- ★ The Academy will work with parents to ensure that packed lunches abide by the standards listed below.
- ★ As fridge space is not available in the Academy, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- ★ Staff will ensure that packed lunch pupils and school lunch pupils will be able to sit and eat together.

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, peanut butter and falafel) every day.
- ★ Oily fish, such as salmon or tuna.
- ★ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- ★ Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

- ★ Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies are advised.
- ★ Only snacks which are 100 calories or less are advised wherever possible.

The following snacks should be limited:

- ★ Snacks such as high fat/salt crisps. Instead, include nuts, 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.
- ★ Confectionery such as chocolate bars and sweets are discouraged.
- ★ Processed products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally.

Special diets and allergies:

The Academy 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 not permitted to swap food items.