



White Spire School

**Healthy Packed Lunches
Guidelines**

Date: May 2023

Review Date: May 2025

Overall aim of the policy

To ensure that all packed lunches brought from home provide children with healthy and nutritious food that is similar to requirements set out in the national standards.

Why was this policy formulated?

This policy has been formulated to help and guide parents/carers in providing their children with a healthy and nutritious lunch.

National Guidance

This policy was drawn up using a range of national documents including information from the National Food Trust and Food policy in schools.

To whom this policy applies

To parents/carers who are providing packed lunches for their child/ren.

ALL LUNCH BOXES AND CONTAINERS SHOULD BE CLEARLY LABELLED WITH THE CHILD'S FULL NAME

Food and Drink in packed lunches

- The school will provide plates for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times
- Children are encouraged to bring packed lunches in insulated bags with freezer blocks, where possible.

Healthy Packed lunches could include

- At least one portion of fruit or vegetables
- Meat, fish or other source of non-dairy protein
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other cereal
- Dairy/dairy alternative food such as milk, cheese, yoghurt, fromage frais
- Only water, fruit juice, milk, yogurt/milk drinks or smoothies

NOTE

As a school, we also recognise that some pupils may require special diets that do not allow 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, children are not allowed to swap food items.

Involvement of parents/carers

Parents are encouraged to contribute to the packed lunch policy. We also appreciate feedback to further improve our packed lunch guidelines in our school.

Dissemination of the policy

The policy is available on the school website.

We will use opportunities such as parent's evenings to promote this policy as part of a whole school approach to healthy eating.

All staff are aware of this policy and will support its implementation.