



Springwell Village
Primary School

Packed Lunch Policy

Approval date: March 2024

Aims

To ensure that packed lunches brought from home and eaten in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is regulated by national standards.

Rationale

Our school rules and guidance for packed lunches at SVPS are in line with school values and national guidance regarding healthy meals and nutrition. Packed lunches should make a positive contribution to children's health and well-being, as school dinners do.

Our aim is to promote consistency between packed lunches and food provided by school meals services and to reinforce good practices for children's eating habits.

All children must be safeguarded, which includes ensuring that school is kept free of any foods which are dangerous to any children in our care, such as food containing nuts.

Children should enjoy their school dinners and packed lunches, the contents of which should ensure children are provided with energy for the rest of the school day.

School meal times are also a time to consolidate routines and social etiquette for children, such as sitting down to eat with others, using cutlery correctly and practising good manners at meal times.

National guidance

The policy was drawn up with reference to the DfE's School Food Standards Guide.

Where, when and to whom the policy applies:

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches

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 provide appropriate dining room arrangements.

The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep food fresh in warm weather/ warm school settings.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- Protein source, including meat, fish or other source of plant-based protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food or non-dairy alternative such as milk, oat/soya milk, cheese, yoghurt, dairy free yoghurt, fromage frais or custard every day

- processed meat/pastry products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.

Packed lunches should not include:

- nuts – including peanut butter and Nutella, because of the life-threatening risk to children who have severe allergies
- confectionery such as chocolate bars and sweets. Cakes and biscuits are allowed as part of a balanced meal.
- fizzy, sugary drinks

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the above standards to be met. In this case, parents are urged to ensure that packed lunches are as healthy as possible. For these reasons, pupils are not permitted to swap food items with each other.