



**Broadbent Fold Primary School
and Nursery**

Packed Lunch Policy

Aim

Broadbent Fold Primary School and Nursery would like all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to the standard of food served in schools, which is now regulated by national standards. The purpose of this it to:

- To make a positive contribution to children's health.
- To encourage happier and calmer children.
- To promote consistency between packed lunches and food provided by schools which must adhere to national school food standards.

National and Local Guidance

The policy was drawn up with the support of the Tameside Children's Nutrition Team using a range of national documents.

Food and Drink in Packed Lunches

Broadbent Fold Primary School and Nursery will:

- Provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- Provide attractive and appropriate dining room arrangements.
- Ensure that packed lunches meet the standards listed below.
- Ensure that packed lunch pupils and school dinner pupils sit and eat together.

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 the food fresh.

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, houmous, peanut butter and falafel) 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 or potatoes every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Only water, still or sparkling, fruit juice, whole milk, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed Lunches Should Not Include:

- Snacks such as 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.
- Confectionery such as chocolate bars, cereal bars, chocolate-coated biscuits and sweets or yoghurts with any form of confectionary. (Cakes and biscuits

are allowed but encourage your child to eat these only as part of a balanced meal.)

- Meat products such as sausage rolls, individual pies, corned meat and sausages. (Chipolatas should only be included occasionally.)

Special Diets and Allergies

The school recognises that some pupils may require special diets which may not conform to the school food standards. So, parents should take extra care to ensure those packed lunches are as healthy as possible and discourage their children from swapping food items.

Assessment, Evaluation and Reviewing

Packed lunches will be regularly reviewed by teaching staff / midday supervisors. Healthy lunches will be rewarded by stickers and lunchtime awards. Parents and pupils who do not adhere to the packed lunch policy will receive a leaflet in the packed lunch informing them of the policy. If a child regularly brings a packed lunch that does not conform to the policy, parents will be contacted to discuss this. Please note: pupils with special diets will be given due consideration.

Curriculum

This policy links to several curriculum subjects such as PSHE, science and technology. We ensure work is completed on healthy eating and lifestyles. Pupils will develop their knowledge on how food helps and effects their bodies.