

### Food and drink in packed lunches: what the policy states

- 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 work with parents to ensure that packed lunches take consideration of 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 the food fresh.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

#### **A balanced packed lunch should include:**

- At least one portion of fruit and/or vegetables every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Meat, fish or other non-dairy protein every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais everyday
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

#### **Packed lunches could include in moderation:**

- Snacks such as crisps, savoury crackers or breadsticks
- Confectionary such as a small, snack-size chocolate bar, chocolate-coated biscuits. Small cakes and biscuits are allowed BUT encourage your child to eat these only as part of a balanced meal and as a treat for eating other items in their box first.
- Meat products such as sausage rolls, individual pies, and sausages/chipolatas

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

- **Full-size chocolate bars and sweets**
- **Fizzy drinks**
- **Nuts – we cannot permit nuts as some children have severe nut allergies**

#### **Special diets**

The school 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.