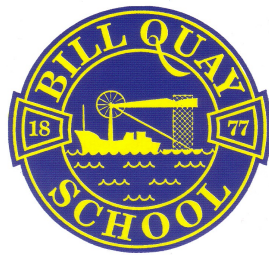


Bill Quay Primary School



Packed Lunch Policy

BILL QUAY PRIMARY SCHOOL

PACKED LUNCH POLICY

Introduction

At Bill Quay Primary School, we recognise our responsibility to help children learn how to eat healthily. Eating a healthy meal can positively affect children's behaviour in the classroom. This healthy packed lunch policy will help your child to eat well and ensure that all pupils are benefitting from better standards of food in school.

Aims

Our aims are:

- To improve the nutritional quality of packed lunches and other foods taken into schools
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school, or on school trips during normal school hours. This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

The Policy

- We will work with our pupils to provide attractive and appropriate dining room arrangements.
- We will work with parents to ensure that packed lunches abide by the standards listed below.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop food going off.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- Hot drinks, such as soup are not permitted.
- Fizzy pop is not permitted.
- Pupils who choose packed lunch and those who choose to eat a hot meal may sit together.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.

Food contained in a packed lunch

Packed lunches should be based on the Eat Well plate model and should include the following every day:

- drink (no cans or fizzy pop)
- fruit/vegetables
- bread, cereals or potatoes
- meat/fish or alternatives
- milk/dairy products

In addition to the above, pupils are allowed **ONE** treat from the following:

- Crisps
- Chocolate bar
- Chocolate biscuit
- Cake
- Sausage roll/pie

Special diets and allergies

The school 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 also not permitted to swap food items. Children should not bring nuts or any food products containing nuts in their packed lunches.

Pupils with special diet or food allergies will be given due consideration. This must be discussed with the class teacher.

Health and safety

It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of packed lunches

The school will provide storage areas/facilities for packed lunch bags, in the most convenient and appropriate place possible. However we cannot provide cooled storage areas; therefore cannot take legal responsibility for foods prepared at home and then brought into school.