

Packed Lunch Policy for Eppleton Academy Primary School



Aim of the policy: To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide our pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

How and why the policy was formulated:

- To encourage healthy, balanced lunches that contribute to pupils' physical wellbeing and ability to learn.
- To protect children with food allergies and medical conditions.
- To promote consistency between packed lunches and food provided by school, which must adhere to national standards set by the government. (Please visit www.schoolfoodtrust.org.uk for more information).
- To ensure packed lunches are safe for children to eat and minimise choking risks

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 work with the pupils to 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 stop the food going off during the Summer.

Packed lunches should include:

- At least one portion of fruit and/or one portion of vegetables (Please see further choking guidance below)
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus)
- Any bread (Brown or wholemeal), pasta, rice, couscous, potatoes
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- Only plain water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies. Drinks should be brought in either a carton with a straw or a securely closed beaker/container. Glass bottles and cans are not allowed for safety reasons.
- Snacks such as crisps, savoury crackers, corn snacks or breadsticks
- A cake or a biscuit is permitted but these should be in moderation.

Packed lunches SHOULD NOT include:

- Confectionery such as chocolate bars and sweets.
- No fizzy drinks or energy drinks of any kind

- No nut-based products - Please note - there are children in school with nut allergies. Please do not provide your child with any nut-based products. This includes foods containing peanut butter e.g. peanut butter sandwiches are not permitted. Even traces of nut oil on a person's hands can cause a severe effect on anyone with an allergy of this nature. To remove the risk, we would request children do not bring nuts of any variety into school.

If you have any concerns or questions regarding allergies we recommend you visit the supporting website: www.allergyinschools.co.uk

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.

Choking Prevention Guidance

To ensure the safety of all pupils, parents/carers should follow these guidelines when preparing packed lunches:

- **Cut all grapes, cherry tomatoes, and similar round foods lengthways and into quarters.**
- **Cut sausages, cocktail sausages, and cheese sticks into thin strips** rather than chunks.
- **Avoid popcorn and seeds**, as these present significant choking hazards for young children.

Appendix 1: Please see attached guidance from Sunderland Local Authority and the Food's Standards Agency.

Monitoring

Packed lunches will be regularly reviewed by school staff / Lunchtime Supervisor's. If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.