

Uley CEVC Primary School Packed Lunch Policy

Name of school: Uley CEVC Primary School

Policy approved and adopted: May 2008

Due for review: May 2010

Overall 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 school, which is now regulated by national standards.

How and why the policy was formulated:

This policy was developed, following concern about the content of some packed lunch boxes.

The aim of the policy will be to aid:

- children's concentration and energy levels during the school day
- the long term health of our children

National guidance:

The policy was drawn up using a range of national documents including information from the School Food Trust, the Food in schools toolkit (Department of Health), Food policy in schools - a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005) and a recent Government paper - 'Healthy Weight, Healthy Lives' (January 2008)

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

We will encourage packed lunches which contain:

- A good portion of starchy food, e.g. wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad
- A portion of lean meat, fish or alternative, e.g. ham, chicken, beef, tuna, egg or hummus
- A portion of semi skimmed milk or dairy food, e.g. individual cheese portion or pot of yogurt
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks or small box of raisins
- A drink, e.g. a fruit juice, semi skimmed milk or water

We will discourage packed lunches which contain:

- snacks such as crisps.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets.

As a school we believe in getting the balance right - we allow our children treats such as cakes on birthdays, popcorn at discos and sweets at Christmas and we would like to continue this through a '**Free Friday**'. On this day children will be allowed to make free choices about what they bring in their packed lunch box.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday supervisors.

Dissemination of the policy:

The policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use opportunities such as parent's evenings and Health Weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.