**The Federation of St John’s and St Paul’s Whitechapel CE Primary SChools**

 **PACKED LUNCH POLICY**

**Introduction**

Good food is important for the health and well-being of our children. At St John’s and St Paul’s school, we feel it is important to support the children in making healthy life-style choices. We use many opportunities in school to achieve this such as PSHE, IPC and PE. At St Paul’s we have a kitchen pod where each class from Reception onwards cook on a weekly basis.

This Packed Lunch Policy has been produced following advice from the School Food Trust.

**Aim**

The aim of this policy is to provide advice and support to parents in providing healthy and nutritious packed lunches. For further help and advice, please look at the School Food Trust website, [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk). This website includes many practical and innovative suggestions for packed lunches to suit all tastes and budgets.

**The Policy**

This policy applies to all pupils and parents/ carers providing packed lunches to be eaten within school or on school trips.

The school will provide facilities for pupils bringing in packed lunches and will ensure that free, fresh drinking water is available.

The school will ensure that pupils eating a packed lunch sit with children eating school meals.

The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.

Parents need to provide children with a suitable container which they can eat their lunch from. A plastic box with a removable lid is ideal.

**Guidance**

Suggestions for food **to include** in a healthy packed lunch:

* At least one portion of fruit or vegetables every day
* A protein source e.g. cheese, lentils, meat, kidney beans, hummus, falafel every day
* Oily fish, such as pilchards, salmon or tuna occasionally
* A starchy food such as bread, pasta, rice, noodles, potatoes or other types of cereals every day
* Dairy food such as milk, cheese, yoghurt, fromage frais or custard
* Cereal bars rather than cakes and biscuits
* Pretzels, seeds, fruit, crackers and cheese and breadsticks with a dip
* No drinks as St John’s provides water and milk for all pupils

Foodthat **should not** be included:

* Snacks such as crisps and crisp type products (including Snack-a-Jacks and Cheddars)
* Confectionary such as chocolate bars or sweets
* Fizzy drinks and sugary drinks

**Special diets and allergens**

St John’s and St Paul’s recognises that some pupils may have medical conditions or allergies requiring special diets. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. Please do not include products that contain nuts as this may affect another child who suffers with a severe nut allergy.

**Assessment, evaluation and reviewing**

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards. Pupils’ on special diets following verified medical advice will be given due consideration.

**Publication of the policy**

The school will inform parents of the policy via the school newsletter. The policy will be available on the school’s website. The school will use opportunities such as parents’ evenings to promote this policy as part of a whole school approach to healthier eating.

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

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