

Packed Lunch Policy 2022/23

Aims

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

Rationale

- To make a positive contribution to children's health and well-being.
- To encourage happier and calmer children and young people.
- To promote consistency between packed lunches and food provided by schools

We promote 'healthy eating' and ask parents to consider a healthy and varied a lunch as possible.

Food and drink in packed lunches

- The academy will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The academy will work with the pupils to provide appropriate dining room arrangements.
- The academy will work with parents and carers to ensure that packed lunches abide by the standards listed below.

A healthy packed lunch should include:

- A substantial savoury snack e.g. a sandwich, a wrap, a piece of cold quiche, cold pasta, a pasty or a sausage roll * Breadsticks served with fruit, vegetables or dairy food are also a good choice to include in a packed lunch.
- A piece of fruit.
- A yoghurt.
- An appropriate treat e.g. a packet of crisps (baked is the healthier option) or a biscuit. Although these are permitted encourage your child to eat these only as part of a balanced meal.

Packed lunches MUST not include:

- Confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets).
- Nuts – including peanut butter and Nutella – because of the potential risk to any other child who may have a severe allergy.
- Drinks other than water – fresh water is available at all times so you do not need to include this, however your child will have a water bottle in school which they can use throughout the day. Fresh water is our drink of choice for our children at Willow Green.

Special diets, allergies and circumstances:

The academy 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.

Please be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

In exceptional circumstances (eg Health/medical, well-being or situations related directly to a child's SEN) the Head of Academy may also permit adjustments to the criteria above.

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