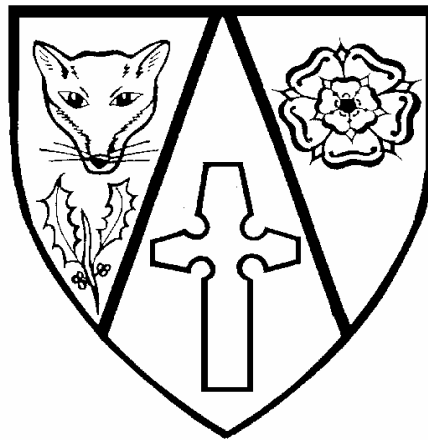


**Deanery C.E. Primary School**



**Good Practice  
Packed Lunch Guidelines**

# **Deanery Primary School**

## **Good Practice Packed Lunch Guidelines**



### **Overall Aim Of Our Guidelines**

To ensure that all packed lunches brought from home and consumed in school provide students with healthy and nutritional food that is similar to the food we serve in school, which is regulated by national standards.

### **Guideline Development**

The guidelines were formulated following consultation with the following:

- Pupils and staff and the Student Council
- The Senior management team
- Governing body representatives
- Catering team
- School staff

### **Our Aims**

- ❑ To make a positive contribution to our pupils health and our healthy schools status.
- ❑ To promote consistency between packed lunches and the food provided in school.
- ❑ To encourage a happier and calmer atmosphere for pupils and staff by ensuring equality of the food consumed in school.
- ❑ To contribute to the self-evaluation for review by Ofsted.

### **National Guidance**

The guidelines were drawn up using a range of national documents, including information from the School Food Trust and the Food in Schools Toolkit.

### **Who does the guidelines apply to?**

To all students and parents providing packed lunches to be consumed within school or on school trips during normal school hours from November 2008.

### **Food and drink in packed lunches**

- We will provide facilities for students bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- The school will work with students via the Student Council to provide attractive and appropriate dining room arrangements.
- The school will continue to work with parents to advise them as to 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 to stop food going off.
- Wherever possible we will ensure that packed lunch pupils and dinner pupils will be able to sit and eat together.

### **Packed lunches should include:**

- At least one portion of fruit and one portion of vegetables every day.

- Meat, fish or other source of non- dairy protein (e.g. lentils, kidney beans, chickpeas, hummus every day.
- Oily fish, such as salmon, at least once every three weeks.
- A carbohydrate food such as wholemeal or granary bread, pasta, rice, noodles, potato salad every day.
- Dairy food such as milk, cheese, yoghurt or custard every day.
- Only water, still or sparkling, fruit juice, semi skimmed milk, yoghurt or milk drinks or smoothies.

**Packed lunches should not contain:**

- Snacks such as crisps. Instead nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or non dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are allowed, but these should only be eaten as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausage / chipolatas should be included only occasionally.

**Special Diets and Allergies**

Parents please be aware of nut allergies. We also recognise that some pupils may require special diets that do not allow for the standards to be met exactly. In this case we urge you to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons we ask that pupils do not swap food items.

**Review and evaluation**

Staff on duty, midday supervisors and catering staff will monitor the contents of packed lunches. Any issues arising from this will be raised with pupils via the Student Council. Serious concerns will be highlighted to the senior management team.

**Links to school policies/ other areas**

The guidelines are relevant to and therefore compliment the School Food Policy. They also link into the curriculum learning in food technology, PHSE, science etc

**Dissemination of the policy:**

- We will include a copy of the guidelines to all new pupils and parents/ carers.
- We will regular make reference to the guidelines via the school newsletter.
- The guidelines will be available on the school website.
- We will use opportunities such as parent evenings, open evenings etc to promote the guidelines as part of a whole approach to healthier eating.
- All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and be encouraged to support its implementation.

Policy written by Sue Pawley (Catering Management Consultants)

November 2008

Policy presented to Curriculum Committee

October 2009



## Ideas For Packed Lunches



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bagel filled with Ham and Cream Cheese	Tuna and Pasta Salad Pot	Wholemeal Sandwich filled with Chicken and Cucumber	Pitta filled with Tuna and Sweetcorn	Tortilla Wraps filled with Cheese, Lettuce and Cucumber
Cucumber Sticks	Cherry Tomatoes	Carrot Sticks	Cucumber Sticks	Pepper Sticks
Banana Carton Of Pure Juice or Water	Apple Carton of Pure Juice or Water	Handful of Strawberries Carton of Pure Juice or Water	Nectarine Carton of Pure Juice or Water	Clementine Carton of Pure Juice or Water
Slice of Flapjack	Fruit Cocktail Tub and a box of Raisins	Slice of Malt loaf	Cheese and Biscuits	Jam Tart

## Ideas For Packed Lunches



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tortilla Wrap filled with Chicken, Lettuce and Cucumber	Wholemeal Roll filled with Tuna and Sweetcorn	Pitta Bread filled with Ham and Lettuce and Tomato	Wholemeal Cheese Sandwich  Salad Pot	Wholemeal Roll filled with Turkey and Coleslaw
Cherry Tomatoes	Cucumber Sticks	Carrot Sticks	Pepper Sticks	Celery Sticks
Nectarine  Carton Of Pure Juice or Water	Banana  Carton of Pure Juice or Water	Apple  Carton of Pure Juice or Water	Satsuma  Carton of Pure Juice or Water	Handful of Grapes  Carton of Pure Juice or Water
Slice of Banana Bread	Low Fat Yoghurt and a handful of Apricots	Fruit Cocktail Tub and a box of Raisins	Cheese and Biscuits	Slice of Plain Chocolate Cake/ Muffin

