**St Raphael’s Catholic Primary School**

**Packed Lunch Policy**

AIM

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 regulated by national standards.

OBJECTIVES

* To make a positive contribution to children’ health and wellbeing
* To promote healthy eating
* To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the Government.

This policy applies to all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

PACKED LUNCHES

* School will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
* School will work with the pupils to provide attractive and appropriate dining room arrangements.
* As fridge space in not available in school pupils are advised to bring packed lunches in insulated bags possibly with freezer blocks in the summer months

Following DFE guidance in the School Food Plan 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 starchy food such as any type of bread, pasta, rice, couscous , noodles, potatoes or other type of cereals every day.
* Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
* Still water, fruit juice (no added sugar), semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

 Following DFE guidance in the School Food Plan packed lunches **should avoid including;**

* Confectionery such as chocolate bars
* Any sweets or toffees
* Fizzy Drinks
* Cakes and biscuits are allowed as part of a balanced meal
* Snack such as crisps or cheddars are allowed as part of a balanced meal

Packed lunches **must not include** nuts including peanut butter or Nutella due to the life threatening risk to any child who may have a severe allergy

SPECIAL DIETS AND ALLERGIES

School 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. We do however appreciate that some children are fussy eaters or do not eat certain foods. Where this is the case we will support parents in encouraging children to try new foods. Please note: if children require special diets or have a medically diagnosed condition parents are asked to inform school so that we can work together. Children are never allowed to swap food items.

MONITORING

Packed lunches will be regularly monitored by staff and any concerns will be raised with the Headteacher or Deputy headteacher and we will discuss these with parents and children.

 June 2021