



AJS Packed Lunch Policy

Aim:

- To ensure that packed lunches brought from home align with UK food guidelines for schools, promoting healthy eating habits and balanced nutrition among KS2 children.

Purpose:

- To make a positive contribution to children's health.
- To promote consistency between packed lunches and food provided by school which must adhere to national standards set by the government.

To whom this policy applies:

- To all pupils and parents/carers providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches:

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

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, and falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (preferably wholegrain), pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, or yoghurt.
- only fresh drinking water.

Packed lunches should not include:

- snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- processed meat products such as sausage rolls, individual pies, sausages should be included only occasionally.
- fruit juice, squash, 'fizzy' drinks or those containing added sugar.
- nuts or nut products. We are a NUT FREE SCHOOL.

Special diets:

- The school recognises that some pupils may require special diets due to medical needs that do not allow for the standards to be met exactly. In this case parents/carers 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.
- Parents/carers are encouraged to discuss any special dietary requirements due to medical needs with the school.

As with the other food standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.