

Bullion Lane Primary School



**Bullion Lane
Primary
School**

Packed Lunch Policy

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 promote consistency between packed lunches and food provided by schools

Where, when and to whom the policy applies:

To all pupils, parents and 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.
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- Grapes must be cut in half
- A balanced lunch from all 5 food groups

Packed lunches MUST not include

- **nuts – including peanut butter and Nutella – because of the life-threatening risk to any other child who may have a severe allergy**
- confectionery such as chocolate bars and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Fizzy drinks - fresh water is available at all times so you do not need to include this
- Chewing gum
- We will update you of any additions/changes in line with allergies in school

Special diets and allergies

The school 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.

