



Walnut Tree Walk Packed Lunch Policy

November 2017

As part of our commitment to being a Healthy School, we need to ensure that both children who have school meals and those who bring in a packed lunch are receiving a healthy, balanced diet.

By implementing this policy, we aim to:

- contribute to pupils' health and well-being; allowing them to feel good and more energetic, be able to concentrate and behave well at school and to sleep well at the end of the day.
- share a 'good health' message so that pupils, parents/carers can make informed, healthy life choices.
- 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 allowing them to fully participate in an active school life.

This policy applies to:

- all pupils and parents/carers providing packed lunches to be consumed within school or on school trips during school hours.
- all staff and governors eating a packed lunch in the presence of pupils.

All staff supervising pupils eating packed lunches are aware of food hygiene procedures and will encourage the children to approach their food in a hygienic manner. They will also encourage a well-mannered, social eating environment.

Special diets and allergies

The school recognises that some pupils may require special diets for medical reasons. In this case parents are asked to be responsible and ensure that packed lunches contain healthy alternatives to those outlined above.

Walnut Tree Walk Primary School is allergy aware and will liaise with parents/carers to ensure the health and safety of a child with severe food allergies. As part of this awareness we do not allow the children to share their food with others. Please discourage your child from doing so.

Parents/carers must highlight any issues connected with their child's diet on the child's school application form. Should your child develop an allergy or intolerance to a particular food, you must inform the school office as soon as possible.

Packed lunches can include:

- a sandwich with a healthy savoury filling or equivalent main meal (eg. pasta, noodles, rice, cous cous, potato, soup, falafel, curry etc.)
- a portion of fresh or dried fruit without added sugar (eg. apple, mango, grapes, raisins) AND a portion of vegetables (eg. carrot sticks, mini tomatoes, cucumber, celery etc.)
- yoghurt, fromage frais, cheese or similar dairy item or other non-dairy protein item (eg. tofu, seeds, salami).
- water
- ONE TREAT ITEM - choose from a small cake OR a biscuit OR a cereal bar OR a small packet of crisps or snacks. (Please be aware that these items often have high fat, sugar and salt levels)

Please DO NOT INCLUDE:

- sweets
- fizzy drinks such as cola, Lucozade, and lemonade
- fruit drinks (eg. Ribena, Fruit Shoots) or 'sports' drinks as these items contain very high levels of sugar.

Implementing the policy

The policy will be implemented from November 2017. From November we will be:

- helping children to recognise how a healthy diet has a good effect on their daily lives through Science, P.E and PSHCE activities.
- promoting healthy eating.