



# Rawdon Littlemoor School

## Packed Lunch Policy

Rawdon Littlemoor School aims to ensure through this policy that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in school, which is required to meet national standards.

This policy was drawn up using a range of national documents including the Children's Food Trust and in consultation with the pupils, parents and staff of our school.

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours. Where there are specific reasons why this policy is not appropriate for individual children, parents and carers should discuss this with the Headteacher.

### Food and drink in packed lunches:

- Rawdon Littlemoor will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times
- Rawdon Littlemoor will work with parents to encourage packed lunches to meet the standards listed below
- As fridge space is not available, parents are advised to send packed lunches in insulated bags with freezer blocks where possible

### Packed lunches should include at least one portion of:

- fruit **every day**
- vegetables **every day**
- meat, fish, eggs or a non-dairy protein (eg lentils, kidney beans, houmous) **every day**
- oily fish (eg salmon) **once every three weeks**
- a starchy food (bread of any type, pasta, rice, couscous, noodles, potatoes) **every day**
- dairy food such as milk, cheese, yoghurt, fromage frais or custard **every day**
- A drink of water, sugar free cordial, fruit juice or smoothie (no more than 150mls) **every day**

### Packed lunches can occasionally include:

- Processed meat products such as sausage rolls, individual pies, corned meat and sausages
- Cakes and biscuits
- Salty snacks such as crisps. If pupils are bringing these more than once a week, they should be in small (less than bag size) quantities

### Packed lunches should NOT include:

Nuts of any kind

Confectionary such as chocolate bars, sweets, cereal bars, processed fruit bars

Sugary or fizzy drinks

Packed lunches will be regularly reviewed by staff in school and healthy lunches will be rewarded with certificates. If a child regularly brings in a packed lunch that does not conform to the policy then Rawdon Littlemoor School will contact the parents to discuss this.