



St Stephen's School
Packed Lunch Policy

May 2019

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Statement of intent

“Aspire to Greatness”

“For we are the handiwork of God, born in Christ Jesus to do good things,”
Ephesians 2:10

St Stephen’s School understands the importance of developing healthy food habits in children in order that they have better life chances. The beneficial effects of a healthy diet are increased concentration, increased overall school performance and prevention of obesity.

St Stephen’s School meals service, through Lancashire County Council meets the requirements of the School Food Standards and we aim to replicate this standard in the foods we allow children to eat in their packed lunches.

1. Legal framework

1.1. This policy has been created with regards to the following guidance:

- School Food Plan 'School Food Standards' 2015
- DfE 'School food in England' 2016

1.2. This policy will exist in conjunction with St Stephen's School's:

- Healthy Eating Policy.
- Allergen and Anaphylaxis Policy.

2. Aims and objectives

2.1. While maintaining this policy, St Stephen's School aims to:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents with clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of packed lunches that pupils consume.

2.2. To comply with our healthy eating policy, parents are required to:

- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating.

3. Food and drink in packed lunches

3.1. Based on the School Food Standards, packed lunches at St Stephen's School may contain any of the following:

- One portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese or yogurt
- An oily fish (i.e. tuna)
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

3.2. As part of our Healthy Eating Policy, all school packed lunches will contain a balance of foods from each food group.

3.3. Packed lunches may contain snacks that comply with St Stephen's School's healthy eating policy – these may include, but are not limited to the following:

- Chopped vegetables, carrot or celery sticks
- A portion of fruit
- Breadsticks
- Sandwiches
- Snack bars which are low in sugar
- Yogurt, cheese
- Dried fruit
- Individual sausage rolls, quiche etc
- Biscuits and snacks low in sugar and salt
- Cooked Rice or pasta

3.4. To allow for the promotion of healthy eating, the following food and drink items are not permitted by St Stephen's School:

- Chocolate bars
- Other confectionery items such as sweets or chewing gum
- Carbonated drinks or those containing high levels of caffeine or sugar

4. Storage and waste disposal

- 4.1. Packed lunches will be kept in appropriate food lunchboxes which are clearly labelled. These are stored in the sandwich racks and we ask families to minimise plastic waste by not sending food in plastic bags or disposable plastic containers.
- 4.2. Any food not consumed by a pupil will be sent home with them.
- 4.3. Food should be cold and stored in a sealed container. Hot foods and flasks are not permitted for health and safety reasons.

5. Allergies and special diets

- 5.1. St Stephen's School understands that some pupils may have allergies to some foods, or have dietary requirements that require special attention. In cases where a child may be severely affected by a type of food group (i.e. nuts) we will notify all families of the need to restrict certain foods as and when the school feel it is appropriate.
- 5.2. Pupils are not permitted to share or swap any food, including that provided from home in a packed lunch or snacks.

6. What the school will provide

- 6.1. In accordance with DfE's guidance 'School food in England' 2016, St Stephen's School will ensure that pupils have access to free, fresh water at any time.
- 6.2. Clean dining areas are available for all pupils; St Stephen's School will aim to prevent segregation of packed lunch and school dinner pupils.
- 6.3. Advice for parents regarding our policies and healthy eating regulations will be available at all times.
- 6.4. Staff and catering members will undertake regular inspections of packed lunches, to ensure that they comply with this policy.

7. Breaches of the policy

- 7.1. Where concerns arise about the contents of a pupil's packed lunch, this will be dealt with appropriately. Leaflets will be sent home in the packed lunch explaining the school's policy.
- 7.2. Any food that is not compliant will be confiscated and returned to the pupil at the end of the day. The school will provide alternative food items.
- 7.3. If a pupil brings a lunch that is completely inappropriate, the school will contact the parent and support them in making the right food choices for a packed lunch.
- 7.4. If a pupil continues to bring a lunch that is not in line with this policy, the school will contact parents to discuss this further and may determine not to permit the child to bring a packed lunch to school.

8. Monitoring and review

- 8.1. The headteacher will review this policy annually, and ensure that all procedures remain current and up to date.
- 8.2. The governing body will work with the school to review the packed lunch policy and provide advice and support where needed.
- 8.3. Any changes to government guidance regarding school food standards may lead to changes in this policy.
- 8.4. All staff will be notified of any changes made to this policy.