



# Packed Lunch Policy

September 2024

Due for next review in: September 2026

[www.woodsideschool.co.uk](http://www.woodsideschool.co.uk)

We promote healthy eating and healthy lifestyles. Food and drink provided for the children at school follows government guidelines.

This policy has been written in line with key government guidance on healthy eating for children during the school day.

As part of the School Food Plan, a set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and academies and free schools from January 2015.

For further information, please follow the links below.

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

<http://www.childrensfoodtrust.org.uk>

### **The Contents of Packed Lunches**

A guide to foods and portion sizes can be found in the School Food Plan guidance

<http://www.schoolfoodplan.com/actions/school-food-standards/>

### **Food**

We ask that all lunch boxes contain a balanced meal.

The following foods are not permitted in lunchboxes:

- Sweets
- Chocolate confectionary (small chocolate biscuits are permitted)
- Processed fruit snacks (e.g. Fruit Winders are 37g sugar per 100g. The Food Standards Agency defines a high sugar level as 15g per 100g and a low amount as 5g in 100g.)
- Hot foods or drinks in insulated containers e.g. soup

### **Drinks**

Children should bring their own water bottle to school. If not drinking water, we recommend that children bring fruit juice to drink with their packed lunch. We do not allow children to drink fizzy, sugary drinks including energy drinks. Energy drinks can contain high levels of caffeine and other additives that are not suitable for children.

If a child has any food or drink stated as unsuitable in this policy in their lunchbox, it will be removed until the end of the day.

## **Special Diets and Allergies**

We recognise that some children with allergies or special diets may not follow the School Food Standards exactly.

We ask that parents/carers of children with special dietary requirements ensure that packed lunches are as healthy as possible.

**WE ARE A NUT-FREE SCHOOL!** We do have a number of children in school with severe nut allergies. With this in mind, we ask that you do not send your child in with nut products such as Nutella, peanut butter sandwiches, etc.

We know we can't eliminate all products that may contain nuts but thank you for working with us to keep all our children as safe as possible.

We understand that some children have dietary issues which mean they need to follow the advice of a medical practitioner. In these cases, we work closely with families on a 1:1 basis.

Children are not allowed to swap food items and lunchtime supervisors will monitor children with allergies carefully.

## **Exceptions**

There are, of course, times when treats are part of school life. Children sometimes like to bring in treats to share with their classmates when it is their birthday. Children may also have treats during discos, parties, etc. We teach our children that this is all part of a healthy, balanced lifestyle.

We are grateful for parents' support and will work closely with parents and carers to ensure that in school all children have a balanced diet and are encouraged to adopt a healthy lifestyle. If you have any concerns or would like to discuss this policy further with us, please make arrangements via the school office.