



Blackmore Primary School Packed Lunch & Snack Policy

Overall Aim of the Policy:

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 that is served in schools, which is now regulated by the National Food Standards.

Food and Drink in Packed Lunches:

Blackmore Primary 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 also work with parents to ensure that packed lunches abide by the standards listed below. As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

Packed lunches should include: (following the National School Food Standards)

- At least one portion of fruit and/or one portion of vegetable every day.
- Meat, fish or other source of non-dairy protein (eg., lentils, kidney beans, humous and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food, such as milk, cheese, yoghurt, fromage frais or custard every day.
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- In addition to the above children can have **one** item from the following list: crisps, a small cake, a plain biscuit or a simple chocolate covered biscuit (e.g. a Penguin or Breakaway). These are not permitted at break times.
- Water or fruit juice is preferable.

Confectionery such as chocolate bars (Twix, Kinder bars etc) and sweets are not allowed. No fast food items or fizzy drinks are permitted.

Parents, staff and visitors to the school are reminded that we have staff and children with severe nut allergies and that we insist no nuts or nut products are brought into school either in lunch boxes, for snack times or for any other reason.

Special Diets

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.

Morning Snack

KS1 are given snack every day (a piece of fruit or vegetable). All children have free access to water at break times. KS1 and KS2 can bring in a snack to eat at morning break. They are encouraged to bring a piece of fruit or vegetable (such as carrot sticks). Grapes will need to be cut in half long ways for KS1 children. Class R do not need to bring in any snack as they have a snack bar in their classroom each day.

No crisps, sweets, chocolate or chocolate covered products, such as chocolate covered biscuits are allowed at any break time. No nut or nut products are allowed due to allergies within school.

Please note: There will be no access to lunchboxes for children before lunchtime so please keep the snack separate for children to access from their book bag.

Assessment, evaluation and reviewing:

For packed lunches which do not adhere to the policy, children will be asked to keep the items in their lunchbox to be taken home, unless nut products are found; these items can be collected from the school office after school. Pupils with special diets will be given due consideration. Children with snacks which do not follow the policy guidelines will be asked to put them back in their bookbags.

Involvement of parents/carers:

Pupils at Blackmore Primary School often choose to eat the lunch provided by the school catering team. However, parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep parents informed as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the Policy:

The school will write to all new and existing parents/carers to inform them of the policy. The policy will be available on the school's website. The school will use opportunities such as Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Want to know more about healthy eating, nutrition and diet at school?

Visit www.schoolfoodplan.com and read the School Food Standards: A practical guide for schools.