



## Food and Packed Lunch Policy

### Rationale

Trinity All Saints Primary School and Nursery recognises the importance of a healthy nation and its role in improve the health of the school community by teaching children and families' ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

### Responsibilities

The Governing Body recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Governors also recognise the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices. The Governors recognise that sharing meal-times is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

### Aims

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a health and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.

### Objectives

- To work towards ensuring that this policy is both accepted and embraced by:
  - Governors
  - School management
  - Teachers and support staff
  - Pupils
  - Parents
  - Food providers

### Methods

- Develop an understanding and ethos within the school of safe, tasty nutritious, environmentally sustainable food, through both education and example.
- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.
- To provide opportunities for pupils to grow, understand and hygienically prepare a variety of foods.

## PACKED LUNCHES

### Aim

- To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

### Method

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will allow children eating packed lunch to sit with children taking a school lunch.
- During fine weather, children may sit outside.
- Children must only eat their own food and no other children's.
- Parents will be expected to take responsibility for the hygiene of water bottles used by their children. School cannot accept responsibility for illnesses caused by bacteria as a result of poor hygiene of water bottles.

### Suggestions for food to include in a healthy packed lunch:



### Food to not include in a healthy packed lunch:

- Confectionary such as chocolate bars.
- Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks

### Special diets & allergens

The school also recognises that some pupils may have verified medical conditions requiring 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.

### Dealing with Sensitive Issues – Equality of Opportunity

- The school will be sensitive towards cultural needs of all pupils in relation to food.
- Parents/carers will be asked to inform the school of any food allergies as part of the schools entrance procedures.
- Pupils will be encouraged to try foodstuffs new to them.
- Vegetarian options will be available at school meals.

- Where a child is suspected of being obese the school’s concern will be shared with the parent and the appropriate health professional.
- Where a child is suspected of having eating problems the school’s concern will be shared with the parent and appropriate health professional.
- No child will be forced to eat/drink something against their will.
- Withholding of food/drink will never be used as a punishment.
- Pupils’ on special diets following verified medical advice will be given due consideration.

**Assessment, evaluation and reviewing:**

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children.

**Publication of the policy:**

The school will inform all new parents/carers of the policy via the school brochure. Existing parents will be available to view the policy on the school website.

The school will use opportunities such as parents’ evenings and new intake evenings 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.

Images in this policy obtained from the following links. Please visit these sites for more information.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/528193/Eatwell\\_guide\\_colour.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf)

**Updated:                   October 2020**

**Approved by FGB:       November 2020**

**Review Date:             November 2024**

**Signed: ..... (Headteacher)**

**Signed: ..... (On behalf of Governors)**