

Academy Transformation Trust's **Packed Lunch Requirements**

Overall aim

To ensure 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 schools, which is required to meet national standards. As a school, we aim to ensure that any special educational health needs, religious or cultural beliefs that may affect diet are catered for; as such, we expect packed lunches to meet the same high standard.

Context

At Iceni Primary, we consider ourselves to be a healthy school that promotes healthy living, healthy eating and the promotion of positive mental health. We aim to promote consistency between packed lunches and food provided by the schools, which must adhere to national school food standards.

These requirements have been devised by utilising a range of national legislation and guidance, including the template policy from the Children's Food Trust. We are proud to promote our 'Healthy Lifestyle' approach in a range of other ways, many of which promote the school through national recognition rewards. We are currently a member of 'Food for Life', which promotes healthy lifestyles for children and schools. The 'Food for Life' program currently supports our gardening club and our cooking club. Please visit <https://www.foodforlife.org.uk/> for more information.

Universal Free School Meals for Reception, Year 1 and Year 2

Children in Reception, Year 1 and Year 2 are all entitled to a Universal Free School Meal. We would like to encourage all of our current reception to year 2 children to take up this offer of a free school meal, therefore, please share the menus with your children and please encourage them to try the free school meals they are entitled to.

The Role of Parents/carers

Parents/carers must ensure that their child's packed lunch meets the high standards set out within these requirements, established through the guidance of national standards. Health and safety guidance must be adhered to when considering our allergy guidelines.

If a parent has difficulties for any reason with fulfilling this request, they are encouraged to speak confidentially to a senior member of staff to discuss the issue. If any parent would like to request a modification to the packed lunch requirements based on medical needs they should, in the first instance, contact Mrs Escritt.

Parents will be contacted if an item in a lunch box does not meet the school's guidance for a healthy packed lunch.

The Role of Governors

The governing body supports the Principal in implementing the Packed Lunch requirements. It considers all representations from parents regarding the Packed Lunch requirements and liaises with the Principal to ensure that the expectations are implemented fairly and with sensitivity. It is the Governors' responsibility to ensure that the school packed lunch meets all regulations concerning equal opportunities. Governors ensure that the school Packed Lunch requirements enables pupils to receive a healthy balanced meal whilst at school.

Packed lunch Guidance

The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times. The school will work with parents to encourage packed lunches meet the standards listed below. As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible. Due to health and safety guidelines, we are not able to heat children lunch up and would advise use of insulated flasks if you should require.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel).
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink of water, fruit juice or child friendly smoothie (maximum portion 150 mls), semi skimmed, 1% fat or skimmed milk, yoghurt or another milk drink – Fruit Juice must not have any added sugar.
- A small cake or biscuit, but encourage your child to eat these as part of the meal not in isolation. This does not include chocolate bars unless they are chocolate biscuits.

Packed lunches must NOT include:

- Salty snacks such as crisps are not permitted however baked crisps and corn snacks are a healthy alternative.
- Confectionery sweets or chocolate bars are not permitted.
- Sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value) are not permitted.
- Sandwiches must not contain chocolate spread.

Special diets and allergies:

The school is aware of food allergies, and has a procedure in place to manage such allergies and other special dietary requirements within school. We are a NUT FREE school, as we have pupils allergic to nuts and require an Epi-Pen.

Please Visit: www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools.

Assessment, evaluation and reviewing of packed lunches takes place daily and is reviewed by: teaching staff, catering staff, midday supervisors and teaching assistants. The Packed Lunch requirements is reviewed by the Principal annually.

If a child regularly brings a packed lunch that does not conform to the requirements, then the school will contact the parents to discuss this and will be offered the option to swap to school dinners. In turn, the school will keep the parents informed of any governmental changes that may affect requirements change.

Healthy lunches



Website for further information: [Food facts - Healthier Families - NHS](#)