

**Colham Manor**



**Primary School**

## **PACKED LUNCH POLICY**

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**Date of Next Review: Summer 2019**

**Signed:**

**Date:**



# Colham Manor Primary School

## Packed Lunch Policy



### Introduction

As a Health Promoting School, Colham Manor is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school, we also recognise the role the school can play, as part of the wider community to promote family health and an understanding that balanced nutrition contributes to a person's health, happiness and general well-being.

### Aims and Objectives

- To ensure that children are provided with a healthy packed lunch where viable.
- To encourage parent/carers to provide children with a healthy packed lunch, that forms part of a balanced diet.
- To ensure that all food consumed at Colham Manor complies with the school food standards and the nutritional standards

### Responsibilities

- COLHAM MANOR:
  - To provide healthy options at meal times where viable.
  - To ensure food provided by the school meets the standards of the School Food Plan.
  - To ensure any food not prepared on the premises but for consumption on the premises are also healthy.
  - To educate the children so they can make informed choices
  - To encourage parent/Carers to provide healthy packed lunches.

- PARENTS/CARERS:
  - Ensure that their children receive a healthy balanced diet
  - Encourage their children to try a variety of foods
  - Encourage their children to make healthy food choices
- PUPILS
  - Learn about healthy balanced diets.
  - To try a variety of foods.
  - To make healthy choices for their lunch box.

## **Rights**

The school has the right to expect:

- Packed lunches sent to school to include healthy food items where possible.
- Parent/Carers to encourage their children to choose healthy food items for their packed lunch box.

Parent/Carers have the right to;

- Ensure that their children are educated in healthy eating.

Children have the right to expect:

- To be educated in healthy eating
- To be provided with a healthy packed lunch where possible.

## **Procedures**

- All food and beverages, including packed lunches, to be served at school, shall meet the School Food Standards and the Nutritional Standards.
- Nutritious and appealing goods, such as fruit, vegetables, low fat dairy foods and low fat grain products, shall be available where ever food is consumed in school.
- Items that are high in salt, sugar and those items containing excess fat, along with fizzy drinks and drinks laden with sugar will be discouraged as packed lunch options.
- Regular letters/information sent home will encourage parent/carers to include healthy items in packed lunches.
- Healthy eating and packed lunches will be mentioned in the school prospectus.
- Regular parent/carers workshops on healthy packed lunches will be provided for parent/carers to attend.

The primary role model in children's food education lies with the parents/carers

We wish to build a positive and supportive relationship with the parents/carers of children at Colham Manor through mutual understanding, trust and co-operation.

### **Equal Opportunities**

This policy applies to and seeks to reflect the cultural diversity of the pupil body and consideration of special dietary needs and food preferences and practices.

Policy Written: May 2013

Policy Reviewed: November 2017

Next Review date: November 2019

Signed: