



# STEP Academy Trust

## Packed lunch Policy

Date of Policy: January 2019

Review: October 2021

### Introduction

STEP Academy Trust Board of Trustees has agreed this Policy and as such, it applies to all Academies within the Trust.

### Aims

#### To ensure that we are giving consistent messages about food and health:

- To contribute to pupils' health and wellbeing.
- To educate pupils about healthy choices.
- To promote consistency between packed lunch and school lunch.
- To improve the environment in respect to litter.
- To support the academies to maintain Healthy School status.

#### The Packed Lunch Policy Applies to:

- To all pupils and parents/carers providing packed lunches to be consumed within school or on a school trip during normal school hours.
- To all pupils eating snacks before and after school while on school grounds.
- To all staff eating a packed lunch within school or on a school trip during normal school hours in the presence of pupils.

#### The Academies will:

- Ensure that fresh drinking water is available at all times.
- Provide appropriate dining facilities for all pupils bring a packed lunch.
- Work with parents to ensure packed lunches abide by the standards listed below.

#### **EVERY DAY** your packed lunch should include:

- At least one portion of a vegetable (carrot sticks, cucumber sticks, small tomato, lettuce).
- At least one portion of fruit (small apple, small banana, kiwi, grapes).
- Meat, fish or another source of non-dairy protein (lentils, chickpeas, humus, falafel).
- A starchy item, such as bread, pasta, rice, couscous, noodles or potatoes.
- A dairy food such as cheese, yoghurt, fromage frais or custard.
- A drink, such as water, semi-skimmed milk or a yoghurt drink.

#### Packed lunches should **NOT** include:

- Confectionery, such as chocolate bars and sweets.
- Nuts and nut products (we have a number of children with nut allergies in our Academies).
- Snacks, such as crisps should only be included occasionally.
- Meat type products, such as sausage rolls, pasties, individual pies and sausages should only be included occasionally.
- Cakes and biscuits are allowed but encourage your child to eat these **only as a part of a balanced meal**.
- Fizzy drinks or drinks with a high sugar content.

The Trust understands that some pupils may require special diets for medical or religious reasons that do not allow 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.

### **Working with Parents and Guardians**

Working with parents is a vital part of the whole STEP Academy Trust to food education and a necessary pre-requisite to achieving Healthy Schools and RRS awards. The STEP Academies believe that partnership with parents and the community enables us to receive specialist support and information to plan the best possible food education and provision for our children.