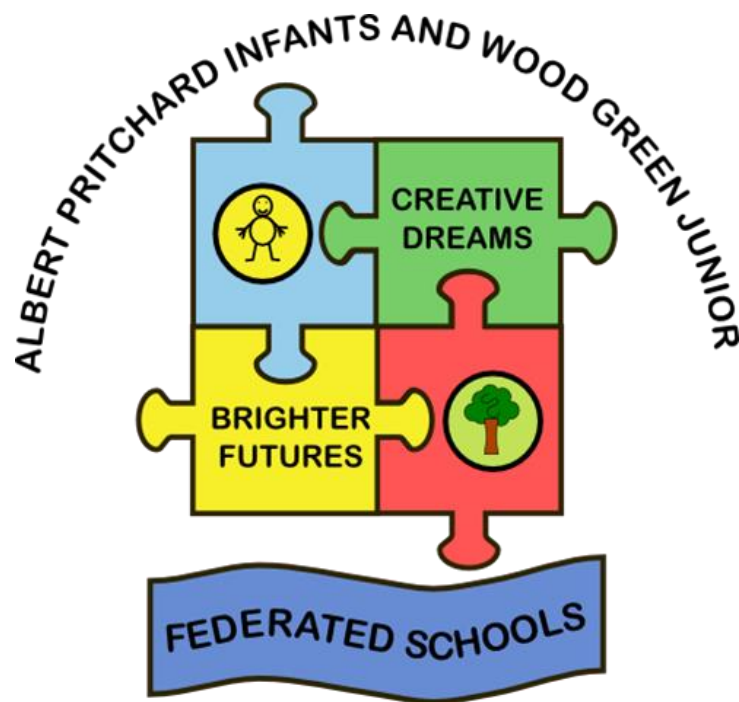


# Albert Pritchard Infant and Wood Green Junior Federated Schools



## Packed Lunch and Snack Policy

September 2020  
To be reviewed: September 2021

At Albert Pritchard Infant and Wood Green Junior Federated Schools we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

### **Aims**

- To ensure children have a suitable lunch time meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation.

### **The recommended contents of a healthy lunch box are:**

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable
- A portion of milk or dairy food e.g. yoghurt.
- A drink e.g. a small carton of milk, juice, squash or a bottle of water.
- A small biscuit

### **Packed lunches should not include:**

- Chocolate bars, or sweets
- Fizzy drinks
- Any nut-based products including Nutella, peanut butter (please see further information below)

### **Nuts**

We have quite a number of students and staff in school who have severe nut allergies and can be seriously affected by someone else who is eating – or may have recently eaten – nuts. Due to this, we would ask that no food stuff containing nuts as an ingredient should be brought into school. For the avoidance of confusion, this includes pine nut kernels, chestnuts, coconuts and sesame seeds, in addition to the other commonly accepted ‘nuts’.

Many packages ready-prepared products contain advice such as “cannot guarantee nut-free” or “factory cannot guarantee nut-free”. This is an increasingly common phrase being used to protect against any potential legal proceedings. What staff, pupils and parents/carers need to look for is whether or not nuts are used as an ingredient. If nuts are an ingredient, then then item must not be brought into school.

All product packaging should be checked for warning directed at nut allergy sufferers and if the following are displayed, the product must not be brought into school:

- not suitable for nut allergy sufferers
- may contain nuts
- this product contains nuts

Although we are working towards being a nut-free school, it is impossible to provide an absolute guarantee that no nuts will be brought onto the premises.

### **Healthy Snacks**

All children in Reception and KS1 receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable Scheme. KS1 children, therefore, do not need to bring in any fruit from home for their mid-morning snack.

As children move up into KS2, if they wish to have a break time snack, they are required to bring in something from home. We would ask that this is either a piece of fruit or a cereal bar.

### **Water Bottles**

In all classes children have access to drinking water throughout the day. Please provide your child with a labelled water bottle. The water bottle will be sent home after school. We would ask that parents fill the bottles with still water only. Each classroom has cups available for any child who does not have a water bottle.

### **Sweets**

Due to a number of our children with allergies and food intolerances we would ask that sweets/edible treats for special occasions e.g. birthdays are not brought into school to share between the children in the class. School cannot take responsibility for the distribution of these items.

If school does have any concerns regarding the contents of the lunch box a member of staff will discuss this further with you.