



Packed Lunch Policy

At Laurel Avenue Primary, we are committed to working towards making sure that Packed Lunches follow the same principles as all other food provided in School, which is now regulated by law.

Our aims are:

- 🍏 To contribute to children's health and well being
- 🍏 To educate children about healthy life choices
- 🍏 To ensure that all packed lunches brought from home and eaten at school (or on school trips) provide the child with healthy and nutritious food that is similar to midday meals served in schools, which is now regulated by national standards



The school offers pupils the opportunity to have a cooked midday meal provided by contractors Taylor Shaw, who ensure that the meal is balanced and meets national food standards. These meals have been priced at a subsidised and extremely reasonable cost for children in Reception to Year 6 of £1.50 per day, so £7.50 each week. The meals for Nursery children are not subsidised and are £1.95 per day, so £3.90 for the two days they stay for lunch

Where a packed lunch is preferred, it is expected to conform to the packed lunch policy. This policy applies to all packed lunches eaten within school or on school trips during normal school hours.

Special diets and allergies

The school recognises that some pupils may need special diets for medical reasons that do not allow the standards to be met exactly. In this case parents are asked to be responsible in making sure that packed lunches are as healthy as possible. For these reasons pupils are not allowed to swap items.

If school knows of any children with a severe nut allergy, we will consult with the people involved and take any necessary action, which may mean banning known nut products.

Parents should let the class teacher or Ms Davison know of any issues connected with their child's diet. Consultation can be arranged with the school nurse if needed.

Laurel Avenue Community Primary and Nursery Food and Drink in Packed Lunches



Healthy Schools

Packed lunches should include every day:

- 🍏 At least one portion of fruit and/or vegetables
- 🍏 Meat, fish or other source of NON DAIRY protein
- 🍏 A starchy food such as any type of bread, pasta, rice, noodles, potatoes
- 🍏 Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- 🍏 Oily fish, such as tuna at least once every three weeks



Drinks

- 🍏 Water, milk or fruit juice only – NOT fruit squash or other such coloured drinks.

FRESH DRINKING WATER WILL BE PROVIDED

Packed lunches should not include at any time:

- 🍏 Crisps, or any other snacks like crisps
- 🍏 Chocolate or sweets



Cakes and biscuits are allowed, but only as part of a balanced meal.
Please choose the smallest size.

Allowed occasionally – for example once a week

Meat products, such as pies, pasties, and sausage rolls should be included only occasionally.



Recommended alternatives to snacks, confectionery and meat products:

Unsalted nuts, seeds, vegetables or fruit, savoury crackers or breadsticks (with no added salt, sugar or fat).

Our promise to you

- 🍏 The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- 🍏 The school will work with parents to ensure that packed lunches abide by the standards laid down by law.
- 🍏 There is some fridge space for these lunches, but pupils are advised to bring packed lunches in insulated bags.
- 🍏 The school will ensure that eating packed lunches is a sociable experience for pupils and that they learn and use a high standard of table manners.
- 🍏 The school will provide information for parents and pupils to support them in following the Packed Lunch Policy.

We really appreciate your cooperation in this matter. Thank you.

