



Laurel Avenue Community Primary School and Nursery

The Woodlands, Durham, DH1 2EY
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Packed Lunch Policy

At Laurel Avenue Community Primary, we are committed towards ensuring that packed lunches follow the same principles as all other food provided in school, 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 visits) provide the child with healthy and nutritious food that is similar to meals served in schools, regulated by national standards*

The school offers children the opportunity to have a cooked meal provided by Chartwells, who ensure that the meal is balanced and meets national food standards. These meals have been priced at a cost of £2.95 per day, so £14.75 each week for children in Nursery and Year 3 to Year 6. Children in Reception, Year 1 and Year 2 are entitled to a free school meal due to Government funding.

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 visits during normal school hours.

Special diets and allergies

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

School is Nut Free

Please check your child's packed lunch to avoid packing nuts. This includes nut products, for example: peanut butter, chocolate spreads, cereal bars or biscuits, sauces and cakes that contain nuts. This list is not exhaustive, so please check the packaging of products closely.

*We do realise that many foods are labelled as 'may have been produced in a factory handling nuts and cannot be guaranteed to be nut free'. Such items **will** be allowed in school as it would be unreasonable to expect these to be kept out of school.*

Food and Drink in Packed Lunches

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*

Drinks

-  *Water, diluted sugar free squash or fruit juice*

FRESH DRINKING WATER WILL BE PROVIDED

*Packed lunches should **not include** at any time:*

-  *Crisps, or any other fried snacks (baked alternatives are allowed)*
-  *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 only be included occasionally.

Recommended alternatives to snacks, confectionery and meat products:

Vegetables or fruit, savoury crackers or breadsticks.

When preparing food for your Nursery or Reception child's packed lunch, please follow the 'Early Years Food Choking Hazards'. This includes information such as ensuring small fruits, e.g. grapes are cut into quarters and sausages are cut into short strips.

Our promise to you

-  *The school will provide facilities for children bringing in packed lunches and will ensure that fresh drinking water is available at all times.*
-  *The school will work with parents/carers to ensure that packed lunches abide by the standards laid down by law.*
-  *The school will ensure that eating packed lunches is a sociable experience for children and that they learn and use a high standard of table manners.*
-  *The school will provide information for parents/carers and children to support them in following the Packed Lunch Policy.*

We appreciate your cooperation in this matter.

Thank you.