

School Food Policy for Aycliffe Village Primary School.

Aycliffe Village Primary School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. As a school, we support the school meals service provided and would prefer all children to have a school meal. However, we understand that there are several valid reasons why parents may choose to provide a packed lunch for their child

If you choose to give your child a packed lunch for school, we would like you to follow our guidelines.

Packed Lunch Guidelines

Ideally, a packed lunch should have about a third of your child's daily nutrients. This means that they need foods that are going to give them enough energy, protein, fibre, vitamins and minerals to fuel them for the rest of the school day.

A good packed lunch contains:

- Something starchy like bread, pitta bread, rice or pasta as these are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans or eggs.
- Calcium such as milk, cheese, yoghurt or fromage frais.
- One portion of fruit and one portion of vegetables or salad to provide all the other vitamins and minerals. One piece of fruit could be 100% juice or a piece of fruit, dried fruit or fruit in fruit juice. A portion of vegetables could be carrot sticks, pepper sticks or cucumber pieces.
- Cakes, crisps, pastries and sweets should be only given occasionally as part of the diet. We would rather they were not given as part of their packed lunch as pupils might eat these foods first and not have the appetite to eat the other foods that included the important nutrients that they need to grow and develop, be healthy and active.

Our school policy for packed lunches includes the following:

- Our school is a 'nut free' school. We need your co-operation in ensuring that your child never has peanut butter sandwiches or any nuts or direct nut products. This is a precaution relating to the increasing incidence of anaphylaxis reaction to nut products.
- All packed lunches must be in a packed lunch carrying box or in a suitable freestanding bag – plastic carriers are not suitable. We would recommend an insulated lunch box and ice packs to keep it cool until it is eaten. This is particularly important for meat, fish, eggs and dairy products.
- All containers must be clearly marked with the child's name as we have many boxes of the same design.
- No bottles, cans, tins of fruit with 'pull/ring tops' thermos flasks or hot liquids may be brought to school for safety reasons. No meals of the snack pot or 'pot noodle' variety can be sent to school.
- Children are not allowed to consume any part of their packed meal before the lunch break at 12 noon. To ensure this and to avoid spillages, loss or damage, packed lunches are put on the hall shelves and are collected by pupils at lunchtime.
- Children will be provided with a seat at a table. If the weather is good, this may be outside. In addition to this, we will provide a glass of water and a plate (if required.) We cannot provide cutlery for the children.

- Lunchtime Supervisory staff will clean the plates and tables. The children must take all waste from their packed lunch home as it cannot be mixed with waste from the school meal service. Food scraps or paper containing food cannot be put into classroom waste bins, as these are clean paper bins that we recycle.
- Do not send fizzy drinks as they tend to ‘explode’ when the flask/bottle is opened, or if the lunch box falls on its side.
- Sweets are not allowed including sweets enclosed in yoghurt pot tops or ‘fruit winders’.
- Any child who forgets to bring their packed lunch will be given a school meal and charged accordingly.
- Food for school meals are ordered by the cook two weeks’ in advance. If you child would like to transfer to school meals or vice versa, please give us two weeks’ notice.

School Water and Snacking

Water is available for pupils throughout the school day. (Pupils are not allowed to bring water bottles into Assembly.)

KS1 pupils receive a healthy snack after morning break.

Milk is also available through our subsidised school milk scheme and free for all children under five.

To register your child or find out more information please contact Coolmilk at www.coolmilk.com

Additional Information

Additional guidance and advice on providing healthy packed lunches is available from a number of sources including the School Food Trust www.schoolfoodtrust.org.uk

If you have any specific questions about our policy, please get in touch. Equally, if you would like to talk to someone about our school meal service or would like a copy of our menu, please let us know.

Adopted by Governors:

12th September 2013