



St Peter and St Paul's

RC Primary School

Packed Lunch Policy

Mission Statement

Holding God's hand we grow in faith together,
we dream believe achieve

Following in the footsteps of Jesus, we act with love, we care for
one another and our world.

Our Core Values at SSPP

Love

Respect

Honesty

Compassion

Kindness

Forgiveness

Packed Lunch Policy

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- We make sure that free, fresh drinking water is available all through the day and we encourage you to drink water.
- We talk to your parents/carers if you haven't eaten your food that day.
- We will send home all lunch that is not eaten so that parents can monitor what is eaten.
- We work with student council to discuss how we can make your dinner times more enjoyable.
- We have a lunchtime rota so that there is a calm atmosphere in the hall, that is at an appropriate level and it is a pleasure to be in.
- You can sit with your friends from your year group in the dinner hall.
- We will help parents/carers to create healthy and balanced packed lunches for you.
- We listen to you and your parents/carers to find out if you need any support.

Packed lunches should have:

- At least one portion of fruit, for example pineapple finger, apple, orange, banana, grapes, peach, pear, plum etc and 1 portion of vegetables / salad foods for example carrot/cucumber sticks, cherry tomatoes etc. These foods provide vitamins, minerals and fibre.
- One healthy choice of a sandwich, wrap, cold rice, cold pasta, cold couscous or pitta pockets. These starchy foods are a healthy source of energy.
- Meat, fish or other sources of non-dairy protein for example chicken, eggs, beans. These foods provide protein for growth.
- Dairy food such as milk, cheese, yoghurt, or fromage frais every day. These foods provide calcium for healthy bones and teeth.
- Drinks – any drinks provided in lunch boxes should only include either plain water, milk (semi skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.
- Cakes/biscuits – a maximum of one item.

Packed lunches should not include:

- Nuts or nut based products – including peanut butter and Nutella – because of the risk to any other child who may have a severe allergy.
- Confectionery such as chocolate bars, chewing gum, sugared/toffee popcorn and sweets (fruit strings are considered to be sweets). Snacks such as crisps or cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat).
- Energy drinks or fizzy drinks.
- Chocolate spread as a filling for sandwiches

Packed Lunch Containers

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack in an insulated container where possible.