



Derwent and Southill Federation

*We are a Values-led Federation
We respect ourselves; We respect others; We respect the environment.*



Food and Packed Lunch Policy 26 27

This school is committed to safeguarding, promoting the welfare of children and young people and expects all staff, governors and volunteers to share this commitment.

Aims:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now strictly regulated by national standards.

Rationale:

- To make a positive contribution to children's health and well-being.
- To promote consistency between packed lunches and food provided by schools.
- To ensure pupils perform to their full potential during the school day (both academically and physically) and for their growth and development, through a healthy diet.
- To establish a healthy lifestyle that hopefully will continue into adulthood.

National Guidance:

This policy has been created using a range of national documents including information and a draft policy from The School Food Trust, The Food in Schools Toolkit (Department of Health) and Food Policy in Schools – a strategic policy framework for governing bodies (National Governors' Council, NGC 20050)

Where, when and to whom the policy applies:

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with pupils to provide appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off during the summer.

Snacks:

- Children from Pre-School to year 2 are supplied with a healthy snack at breaktime, free of charge.
- All pupils are welcome to bring a healthy snack from home for their break, for example a piece of fruit, vegetable portion or healthy bar.

We encourage parents and carers to ensure their child's snack is fruit or vegetable based and avoid high sugar items.

Packed lunches:

- Packed lunches should include some fruit or vegetables, for example a piece of fruit, dried fruit, cherry tomatoes, cucumber portions, raw carrot.
- Sugary drinks should be avoided and fruit juice or diluted squash can only be consumed at lunch time.
- Sweets, chocolate bars, fizzy drinks and chewing gum are not allowed in school.
- Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

· All uneaten food is kept in the lunch box so parents can keep a check on what their children have eaten. · Sandwiches or biscuit/cereal bars must not contain nut products such as peanut butter or Nutella due to the life threatening risk to any child who may have a severe allergy.

Special diets and allergies:

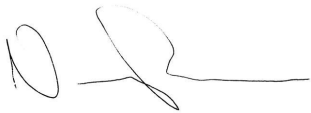
The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Please do not supply any nut-based snack or product that may contain nuts. The Derwent and Southill Federation are nut-free schools. It is impossible for staff to check every child's snack. We rely on parents and carers to send an appropriate snack which follows the above guidance. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

Policy Review

The Governing Body of our school is responsible for ensuring the review of this policy, and for reporting back to the Local Authority.

Date policy agreed: September 2026

A handwritten signature in black ink, appearing to read 'Neil Parsons', with a long horizontal line extending to the right.

Signed Neil Parsons (Chair of Governors)

Date of Review: September 2027