

# LCA Packed Lunch Policy (Local)

This policy is designed to give guidance regarding packed lunches to parents and staff at Lincoln Carlton Academy.

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## 1. Government Advice ¶

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies. No fizzy drinks.
- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables

and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

The above advice is for guidance for parents however Lincoln Carlton Academy will only enforce the following:

- No fizzy drinks
- No solid chocolate (a single chocolate covered biscuit bar will be accepted such as a Penguin, Breakaway or similar)
- No sweets
- No food from fast food outlets

## 2. Process of ensuring the policy is followed ¶

If a member of staff becomes aware that a child has a fizzy drink, solid chocolate, sweets or food from a fast food outlets in their lunch they will notify the Chef who will make a note of the child but will not discuss this directly with the child.

If one of these items is noted for a second time in the same child's lunch, a message will be sent directly to the parent either via email, ParentHub or by sealed note in their child's bookbag. This message will include the Government's Guidance and will notify the parent that if one of the above items is noted for a third time then it will be replaced with a piece of fruit and the item sent home with the child at the end of the day.

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Reviewed by: Hannah Clark

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