



STEP Academy Trust

Packed Lunch Policy

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About this Document:

<p>Reviewed by: Suzanne Martin – Head of Facilities</p> <p>For queries related to this policy, please contact: enquires@stepacademytrust.org</p>	<p>Related Documents:</p> <p>Food Policy</p>
<p>Date of review: October 2021</p> <p>Policy approved by: Finance and Operations Committee</p> <p>On date: 7 December 2021</p> <p>Frequency of review : 3 years</p> <p>Date of next publication: December 2024</p>	

Introduction

STEP Academy Trust Board of Trustees has agreed this Policy and as such, it applies to all Academies within the Trust. All policies, procedures, practices and systems are regularly reviewed to reflect the Trust's anti-racist stance and commitment to equality.

We welcome our duties under the Equality Act 2010 and aim to promote a positive and welcoming culture where all forms of discrimination are actively challenged and a systemic approach to eradicating discrimination is seated at the heart of our organisation. STEP policies reflect our commitment to ensuring unbiased treatment that pupils, parents, carers, employees and prospective employees are entitled to expect. We believe that every individual has the right to be valued, respected and offered equal opportunities, access and treatment. STEP Academy Trust is committed to providing an inclusive and diverse culture and to eradicating discrimination and stereotyping to make our Academies truly inclusive and promote high achievement for all.

Aims

To ensure that we are giving consistent messages about food and health:

- To contribute to pupils' health and wellbeing.
- To educate pupils about healthy choices.
- To promote consistency between packed lunch and school lunch.
- To improve the environment in respect to litter.
- To support the academies to maintain Healthy School status.

The Packed Lunch Policy Applies to:

- To all pupils and parents/carers providing packed lunches to be consumed within school or on a school trip during normal school hours.
- To all pupils eating snacks before and after school while on school grounds.
- To all staff eating a packed lunch within school or on a school trip during normal school hours in the presence of pupils.

The Academies will:

- Ensure that fresh drinking water is available at all times.
- Provide appropriate dining facilities for all pupils bring a packed lunch.
- Work with parents to ensure packed lunches abide by the standards listed below.

EVERY DAY your packed lunch should include:

- At least one portion of a vegetable (carrot sticks, cucumber sticks, small tomato, lettuce).
- At least one portion of fruit (small apple, small banana, kiwi, grapes).
- Meat, fish or another source of non-dairy protein (lentils, chickpeas, humus, falafel).
- A starchy item, such as bread, pasta, rice, couscous, noodles or potatoes.
- A dairy food such as cheese, yoghurt, fromage frais or custard.
- A drink, such as water, semi-skimmed milk or a yoghurt drink.

Packed lunches should **NOT include:**

- Confectionery, such as chocolate bars and sweets.
- Nuts and nut products (we have a number of children with nut allergies in our Academies).
- Snacks, such as crisps should only be included occasionally.
- Meat type products, such as sausage rolls, pasties, individual pies and sausages should only be included occasionally.
- Cakes and biscuits are allowed but encourage your child to eat these **only as a part of a balanced meal**.
- Fizzy drinks or drinks with a high sugar content.

The Trust understands that some pupils may require special diets for medical or religious reasons that do not allow the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Working with Parents and Guardians

Working with parents is a vital part of the whole STEP Academy Trust to food education and a necessary pre-requisite to achieving Healthy Schools and RRS awards. The STEP Academies believe that partnership with parents and the community enables us to receive specialist support and information to plan the best possible food education and provision for our children.