



Dorothy Barley Packed Lunch Policy September 2019

1. Packed lunches should be brought into school in suitable named lunch boxes



2. Packed lunches should consist of a balanced variety of foods:



- A sandwich or other savoury item that provides carbohydrates and protein e.g sausage roll, snack boxes, rice or pasta pots etc.
 - Some fruit as part of their five a day.
- One savoury snack and one sweet snack. A snack can be a cake or a biscuit or a packet of crisps. As part of this they are allowed a chocolate bar but this must weigh no more than 35g. No sweets.
- Still drinks. No glass bottles. No fizzy drinks. Screw lids are recommended.



Additional to this every child is encouraged to bring a 'sports bottle with pop up lid' of water to school each day

3. In order to reduce waste, food waste and packaging waste, and to ensure that parents are aware of their children's daily food intake, all left over food and packaging from school packed lunches must return home with the children.

To reduce the overall waste produced by school packed lunches, it is recommended by the schools Eco Team that parents endeavour to achieve the following principles:

Reduce

- Cut down on packaging and food by purchasing fresh produce items
- Avoid plastic bags
- Avoid cling film
- Avoid aluminium foil and pre pack food when ever possible



Reuse

- Reuse shopping bags
- Pack lunch in reusable containers
- Use refillable drink bottles
- Avoid single use juice cartons
- Avoid can and pouches whenever you can



Recycle

- Recycle paper bags
- Recycle plastic bottles
- Recycle plastic bag

