



### ***Packed Lunch Policy***

*In our School Food Policy, we committed to working towards making sure that Packed Lunches followed the same principles as all other food provided in school, which is regulated by law.*

*As part of the Government's approach to reducing childhood obesity a Cross Government Strategy for England, *Healthy Weight, Healthy Lives* was launched in January 2008. This strategy outlines an expectation on all schools to ensure that all children benefit from eating quality food during the school day.*

### ***Introduction***

*To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils.*

*Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.*

*Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.*

### ***Aim***

*To ensure that packed lunches (brought in from home) reflect the standards for school meals.*

### ***Rationale:***

- ◆ *Schools are required to positively promote the health and well-being of its pupils. Work around healthy eating is a high priority.*
- ◆ *The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.*
- ◆ *The contents of lunchboxes in some schools can be extremely unhealthy, recent audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.*
- ◆ *To encourage healthy eating habits from an early age and improve the overall nutrition of pupils.*
- ◆ *The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.*
- ◆ *The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.*

## **Objectives**

- ◆ *To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes.*
- ◆ *To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.*
- ◆ *To encourage healthy eating habits in childhood that can influence health and well being in later life.*
- ◆ *To ensure that food brought into school (packed lunches) reflects and meets food standards for School Food.*

## **Implementation**

*This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.*

*Children's packed lunches should include items from the 5 main food groups;*

### **Bread, Rice, Potatoes, Pasta**

*These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions e.g. pasta salad, sandwich.*

### **Fruit and Vegetables**

*These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.*

### **Milk and Dairy foods**

*These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.*

### **Meat, Fish, Eggs, Beans**

*These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.*

**Drinks** – *any drinks provided in lunch boxes **should only** include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, diluted sugar free squash, fruit or dairy based smoothies.*

*Free, fresh drinking water should be available at all times*

*Milk is provided for all children by school*

**Snacks such as crisps should not be included.** *Instead, include 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*

*A good packed lunch contains:*

- ◆ *A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, pasta, noodles. These foods are good for children to fill up on.*
- ◆ *A good source of protein, iron and zinc such as meat, fish, beans or eggs.*
- ◆ *A good source of calcium such as milk, cheese, yoghurt or fromage frais.*
- ◆ *And one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be fresh vegetables such as carrot sticks, salad or vegetable dish.*

### ***Drinks***

- ◆ *Water, milk, sugar-free diluted juice or fruit juice*
- ◆ *Fresh drinking water and milk will be provided*

***Please support your school by not including these items in a packed lunch:***

### ***Foods and drinks high in fat and / or sugar***

*It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools.*

### ***Restricted Items***

*To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches **should not** contain the following:*

*Fizzy / sugary drinks in cartons, bottles or cans*

*Chocolate-coated products / sweets / confectionary*

*Chocolate spread as a filling for sandwiches*

*Chewing gum*

*Sugared / toffee and salted popcorn*

*Crisps or any packet savoury snacks high in salt and fat*

*Energy drinks*

***Allowed occasionally – for example once a week***

*Meat products, such as pies, pasties, and sausage rolls should be included only occasionally.*

***Recommended alternatives to snacks, confectionary and meat products:***

*Vegetables or fruit, savoury crackers or breadsticks (with no added salt, sugar or fat).*

*No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.*

***Promotion of Healthy Packed Lunches***

*There will be ongoing promotion of the need to provide healthy packed lunches through:*

*Newsletters*

*School brochure*

*Whole School / Packed Lunch Policy*

*Health weeks / healthy eating activities*

*Curriculum content*

*Parents evenings / parent consultations*

*Discussion through School Nutrition Action Group (SNAG)*

*School website*

*Reward schemes*

***Where, when and to whom the policy applies***

*The school offers pupils the opportunity to have a cooked midday meal, provided by contractors Taylor Shaw, who ensure that the meal is balanced and meets national food standards. Where a packed lunch is preferred, it is expected to conform to the packed lunch policy.*

***This policy applies:***

- ◆ *To all packed lunches eaten within school or on educational visits during normal school hours.*
- ◆ *To all staff eating a packed lunch within school or on educational visits during school hours, in the presence of pupils.*

***The School will:***

- ◆ *Provide facilities for pupils bringing in packed lunches, including plates and cutlery and ensure that fresh drinking water is available, if required*
- ◆ *Work with parents to ensure that packed lunches abide by the food in school standards*

- ◆ *Provide storage for packed lunch boxes, including refrigeration*
- ◆ *Ensure that eating packed lunches is a sociable experience for pupils and that they learn and use a high standard of table manners, sitting alongside children consuming School dinners*
- ◆ *Provide information for parents and pupils to support them in following the Packed Lunch Policy*

### ***Special diets and allergies***

*The school recognises that some pupils may need special diets for medical reasons that do not allow the standards to be met exactly. In this case parents/carers are asked to be responsible in making sure that packed lunches are as healthy as possible. For these reasons pupils are not allowed to swap items.*

*Due to some of our children suffering with significant nut allergies, we have been advised by the School Nurse to become a NUT FREE SCHOOL. An allergic reaction (anaphylactic shock) can occur through the touching and ingestion of nut products, which can cause breathing and swallowing difficulties. Staff in school are trained to use Epi-pens (an injection of adrenalin) which is required immediately if this happens.*

*Since this condition can be life threatening, we ask all members of the school community for their help in minimising the risk by:*

*Avoiding giving children nuts or nut products in their packed lunches (Taylor Shaw Catering is a nut free business). So please can we ask that you have no nut products in the lunch boxes, for example:*

*Peanut butter sandwiches*

*Chocolate spreads*

*Cereal bars*

*Cakes that contain nuts*

*Biscuits / Cookies that contain nuts*

*Sauces that contain nuts*

*This list is not exhaustive, so please check the packaging of products closely.*

*We do realise that many foods are labelled as 'may have been produced in a factory handling nuts and cannot be guaranteed to be nut free'. Such items **will** be allowed in school as it would be unreasonable to expect these to be kept out of school.*

*Parents/carers should let the class teacher or Headteacher know of any issues connected with their child's diet. Consultation can be arranged with the school nurse if needed.*

### ***Assessment, evaluation and review***

*Packed lunches will be regularly reviewed by the Senior Management Team and the Lunchtime Supervisors. Feedback on the implementation of the policy will be requested from staff, pupils and parents/carers.*

*Healthy packed lunches will be rewarded by:*

- ◆ *Stickers / congratulatory letters home*
- ◆ *Mentions in Star Assembly*
- ◆ *Being chosen as healthy eating role models*

*We are looking for the co-operation of parents/carers in implementing this policy. If any lunchboxes occasionally contain non permitted foods a reminder of the policy will be sent home. If this happens regularly the school will contact the parents to work together towards ways of resolving this.*

### ***Our promise to Parents/Carers***

- ◆ *The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.*
- ◆ *The school will work with parents/carers to ensure that packed lunches abide by the standards laid down by law.*
- ◆ *We have fridge space available for pupils although they are advised to bring packed lunches in insulated bags.*
- ◆ *The school will ensure that eating packed lunches is a sociable experience for pupils and that they learn and use a high standard of table manners.*
- ◆ *The school will provide information for parents and pupils to support them in following the Packed Lunch Policy.*

*Signed: G Davison*

*Headteacher*

*Date: October 2019*

*Signed: C Linfoot*

*Chair of Community and SMSC Committee*

*Date: October 2019*

*Review: October 2022*