

Healthy Packed Lunch Policy



Growing together as a family of God

Date: November 2019

Review date: November 2022

This policy was drawn up 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.

<https://www.gov.uk/school-meals-healthy-eating-standards>

Why have a policy for packed lunches?

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed in response to parents and observations of children's lunches that found some less healthy foods that can affect energy levels, concentration, behavior and health.

A healthier packed lunch focusses on the four main food groups of the NHS Eat Well Guide.

<https://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf>



Aim of the policy:

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

<http://www.schoolfoodplan.com>

Our School:

St Anne's CE Primary School recognises that our children come from diverse home backgrounds, cultures, and ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration or heating up.

Pupils who bring in a packed lunch and pupils who have a school lunch will sit and eat together.

We will listen to parents and pupils' views and ensure that this policy is fair and meets everyone's needs. The school will work with parents to ensure that packed lunches abide by the standards listed below.

Our traffic light system is in line with the School Food Standards for school meals.

Water:

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to use their school reusable drinking bottles; these can be kept at school and will be filled and emptied each day. This will allow children to have access to fresh drinking water throughout each day.

Fresh drinking water is also provided in the dinner hall for all children that eat school lunches and packed lunches.

Therefore children bringing a packed lunch do not need to bring in any additional drinks.





Packed Lunches may include:

	Fruits and Vegetables	Include everyday	✓
	Meat, cheese, egg, beans or Oily Fish	Make a different choice each day	✓
	Starchy Food - bread, roll, pitta, wrap, crackers, pasta, rice	Include every day	✓
	Milk and Dairy Food- yoghurt, fromage frais, custard	Include every day	✓

- 1 portion of fruit and 1 portion of vegetables. This could be fresh, tined or dried.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel)
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, bagels, wraps, pasta, rice, couscous, noodles, potatoes or other type of cereals every day. Try to include wholegrain.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard
- Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal. **1 item** from this category is permitted each day. Ideas for alternatives to cakes, such as 'malt loaf' can be found on the Change4life website.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-cards>

Packed Lunches should not include:

	Fatty snacks such as crisps	High in salt and fat	
	Confectionary	High in fat / sugar	

- Snacks such as heavily salted or flavoured crisps. Crisps must be of the 'baked' variety or 'popped' and not included every day. Savoury crackers or breadsticks are an alternative.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal. 1 item from this category is permitted each day.
- Processed fruit products such as 'winders' (these can be very high in sugar)
- NO Sugary drinks such as Capri Sun, Ribena, squash, fizzy drinks and energy drinks.
- Nuts as some of our children have severe nut allergies.

Allergies:

We are a nut free school.

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.

Monitoring:

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, we will not remove from a child any part of their lunch box, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see.

Exceptions:

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 are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. If your child has any medical need or Special Educational Need that may affect their eating of particular foods, our Inclusion Manager, Kate Morgan, will be more than happy to meet with you.