



Packed Lunch Policy

2022-2025

Next review: September 2025

This policy has been approved by the School and Governing Body.

Headteacher: John Myers

Date: 22/09/2022

Aim

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food served in school and regulated by national standards to provide nourishment to enable pupils to achieve their best.

Purpose

In our school, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours and encourage them to take responsibility for the choices they make. In recent years, the government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. We support the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity. Research has also shown that students are able to learn better when they're well-nourished, and eating healthy meals has been linked to higher grades, better memory and alertness and faster information processing. A balanced and healthy diet improves children's personal fitness and become healthier now and in later in life.

Our school meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of "complex carbohydrates" such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Who does it apply to and when and where?

To all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours from 8.45 am to 3.15 pm.

School Responsibility

- We will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- We will work with the pupils to provide attractive and appropriate dining room arrangements.
- We will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Whenever possible the school will allow children eating packed lunch or school meals to sit together.

Parent Responsibility

- Parents will need to provide children with a suitable container which they can eat their lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Parents should try to provide their child with a healthy lunch box based on the Eatwell plate food groups (Appendix 1), which promotes balance and variety in the diet.
- Parents should ensure that food provided is suitable to their child's age and doesn't pose a choking hazard such as by chopping grapes into smaller mouthfuls.

Child Responsibility

- Children must only eat their own food and not other children's.

Guidance

- Suggestions for food to INCLUDE in a healthy packed lunch;
 - At least one portion of fruit or vegetables each day
 - Meat, fish or other source of non-dairy protein each day (e.g. lentils, beans, soya or hummus,) which could be provided as part of a sandwich, roll or salad,
 - Oily fish, such as pilchards, salmon or tuna occasionally.
 - A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day,
 - Dairy food such as milk, cheese, yoghurt, fromage frais or custard,
 - Cereal bar, a small cake or biscuit,
 - Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip,
 - Crisps in moderation,
 - A drink: water is best, followed by semi-skimmed or skimmed milk, sugar free squash, drinking yoghurt, milk drinks, smoothies or fruit juice.
- Food that should NOT BE INCLUDED in a healthy packed lunch;
 - Chocolate bars and sweets,
 - Fizzy drinks,
 - Nut or nut products due to the danger to other children with allergies,
 - Chocolate spread due to the risk of nut contamination.
- Exceptions to our healthy eating ethos and the promotion of a balanced diet would be granted for parties as they are seen as a treat. On these occasions, children may bring in party food if directed by the class teacher. The no nuts policy still stands during these events.

- The school also recognizes that some pupils may have verified medical conditions requiring 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.
- To promote healthy eating, we do not allow for children hand out birthday sweets at the end of the day.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS