

Wolsingham Primary School



Packed Lunch Policy

Reviewed and accepted:

Chair of Governing Body: P. Eastwood

Headteacher: *S. Kitching*

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Date for Review: March 2021

Wolsingham Primary School - Packed Lunch Policy

1.0 Introduction

1.1 This policy is part of our whole school food policy and aims to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch.

2.0 Aim

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

3.0 Rationale

3.1 Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be healthy, balanced and consistent with the nutritional standards provided by school meals.

3.2 This policy applies to all packed lunches consumed within school, on school visits and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

4.0 Development of the Policy

4.1 This policy has been developed to take into account government guidance associated with healthy eating which is part of the government's approach to tackling childhood obesity. The Eatwell Plate is a helpful tool showing the correct proportion of each of the five food groups that should be eaten each day (see appendix 1). The School Food Trust (SFT) gives clear guidance for healthy school meals and packed lunches, showing which foods from the Eatwell Plate should NOT be included in packed lunches (see appendix 2).

5.0 Content of Packed Lunches

5.1 Foods to include:-

We ask that packed lunches contain the following:

- **Fruit & Vegetables;** at least one portion of fruit and one portion of vegetables
- **Protein;** meat, fish, egg or other sources of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- **Oily fish;** such as tinned or fresh mackerel, sardines, salmon or tuna
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti
- **Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- **Drinks;** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. **NO FIZZY DRINKS**

- **Puddings;** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruit rice pudding, fruit smoothie, fruit based crumble.

5.1 Foods to avoid or limit:-

- Crisps, cakes and chocolate biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

5.3 Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread sandwich filling
- Any sort of nuts or nut products

5.4 Special diets and allergies

We recognise that some pupils may require special diets that do not follow the National Food Standards exactly. In these cases parents/carers are asked to ensure that packed lunches are as healthy as possible. We ask parents/carers to be aware that some children in school have nut allergies, therefore children are not permitted to swap food items from their packed lunches and we ask that nut products and food containing nuts are NOT included in packed lunches.

5.5 Packed lunch Containers

We ask that parents/carers and children provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We advise that an ice pack is included in the packed lunch container to reduce the risk of harmful bacteria growing. We also ask that wherever possible, food is stored in re-useable plastic containers, rather than plastic bags and bottles that need to be discarded after use.

6.0 Facilities

6.1 We will provide appropriate facilities for the storage of packed lunches as well as suitable dining arrangements for children who bring a packed lunch, to sit and eat.

7.0 Monitoring

7.1 The content of packed lunches will be regularly monitored as part of our approach to promoting healthy eating and healthy lifestyles. This process will involve staff and children from our Healthy Action group in school. We will offer guidance, where necessary, to parents/carers on the content of a healthy packed lunch. Should we feel a child's packed lunch is regularly not meeting nutritional standards we will work with parents/carers and advise them of changes that need to be made. Where items that should not be included see 5.3 (e.g. fizzy drinks, sweets, nuts) are identified within a child's packed lunch, they will be asked to leave these in their lunch box until after

school and in the case of drinks provided with an alternative. Parents will be reminded that these items should not be included in packed lunches.

8.0 Promotion of Healthy Packed Lunches

8.1 We will continually promote healthy packed lunches through our curriculum content and the work of our pupil voice Healthy Action Group. Parents/carers can seek further information and guidance on our school website, on our weekly newsletter and from staff at meetings and workshops held throughout the year.

9.0 Policy Review

9.1 This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.