

PACKED LUNCH POLICY

Policy Owner	
Approving Body	
Date Approved	March 2017
Effective Date	
Review Date	

Contents

Page

1. Purpose of the Policy	2
2. Development of the Policy	2
3. Content of Packed Lunches	
3.1. Food To Include	2
3.2. Foods to avoid or limit due to high fat and salt content	2
3.3. Packed Lunches should NOT include	2
4. Special diets and allergies	2
5. Packed Lunch Containers	2
6. Staff	2
7. Facilities for Packed Lunches	2
8. Monitoring	2
9. Working with parents and Carers	3
10. Policy Review	3
11. Appendix A – The Eatwell Plate	3

1. Purpose of the policy

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

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

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

2. Development of the policy

This example packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell Plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix A). School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches (see appendix B), and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (eg. chocolate) should not be included in a packed lunch, and should be consumed out of school hours. Crisps once a week are seen as a compromise to this, as the school dinners have chips on a Friday.

This policy has been developed in consultation with parents and carers, pupils, governors and staff.

3. Content of packed lunches

3.1. Food To Include

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix A) and should include the following:

- **Fruit and Vegetables:** at least one portion of fruit and one portion of vegetables (seasonal if possible)
- **Protein:** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and dhal)
- **Oily fish:** such as tinned or fresh mackerel, sardines and salmon, and fresh skipjack tuna (tinned tuna is not counted as an oily fish)
- **Carbohydrate:** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- **Dairy:** food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais, or calcium fortified soya products. Ideally low sugar yoghurt should be provided such as Greek or natural yoghurt. Frubes and Munch Bunch Strawberry Yoghurt Drinks are moderate to high in sugar.
- **Drinks:** water still or sparkling, 100% fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and (no added sugar) yoghurt or milk drinks and smoothies.
- **Fruit based pudding** such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

3.2. Foods to avoid or limit due to the high fat and salt content

- Highly processed foods and high fat meats such as sausage rolls, sausages, pepperoni sticks, salami, corned meat, individual pies and chipolatas should be included only occasionally.
- Salted snacks such as Dairylea Dunkers, Cheese Strings and crisps (including based crisps)

3.3. Packed lunches should NOT include:

- Fizzy/sugary drinks in cartons, bottles and cans (including Capri Sun, Fruit Shoots, Ribena, sports drinks, diet drinks and energy drinks).

- High sugar snacks such as sweet biscuits, cakes, cereal bars, chocolate custards or yoghurts, sweets and chocolate bars.
- High fat snacks such as croissants, brioche buns and Mini Cheddars.
- High fat and sugar spread such as jam, honey and chocolate spreads.
- **Products that contain nuts or traces of nuts.**

4. Special diets and allergies

We ask that parents/carers do not include products that contain nuts or traces of nuts.

The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case parents and carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

5. Packed lunch containers

We ask that pupils and parents/carers

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.
- Include an ice pack with packed lunches, particularly in the summer months, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

6. Staff

To support a whole school approach, staff are encouraged to comply with the policy when bringing in packed lunches and eating these with pupils.

7. Facilities for packed lunches

We will

- provide appropriate facilities to store packed lunches,
- provide free, fresh drinking water
- provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

8. Monitoring

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

School will confiscate food items from packed lunches that do not conform to the policy. If they are confiscated, the foods will be returned to the child at the end of the day in the packed lunch carrier with a note to the parent/carers, or if possible a discussion with the parent/carers.

If a child's packed lunch is wholly inappropriate, they will need to be given an alternative if all of their food is confiscated.

A log of names will be kept so that appropriate support can be targeted to families through amongst other avenues, the family liaison officer.

(Non food-based rewards for eating healthy food at lunch/ trying new foods, whether packed lunch or school lunch are under discussion)

9. Working with parents and carers

We hope that all parents and carers will support this packed lunch policy.

We offer advice and guidance to parents/carers on packed lunches through our website. A standard letter will be available for parents explaining the packed lunch policy in detail. (In addition there will be regular information in newsletters, coffee mornings and special meetings).

10. Policy Review

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.

Date policy written: January 2016

Date policy last reviewed: February 2010

Date of next review:

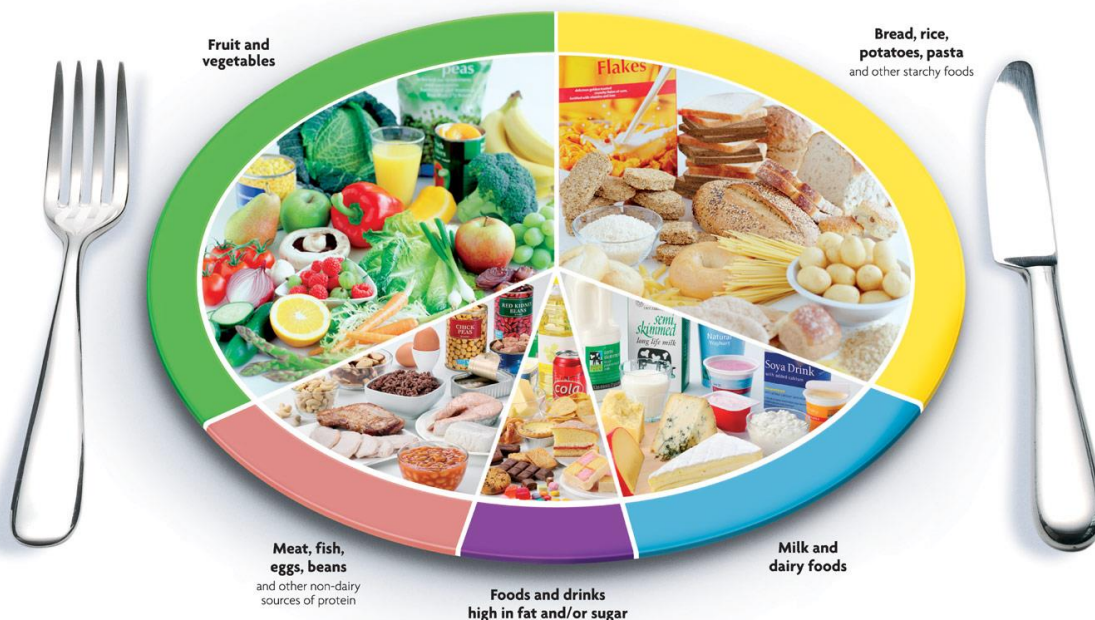
Appendix A

The Eatwell Plate Model A balanced diet should be based on the Eat Well plate model.

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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