

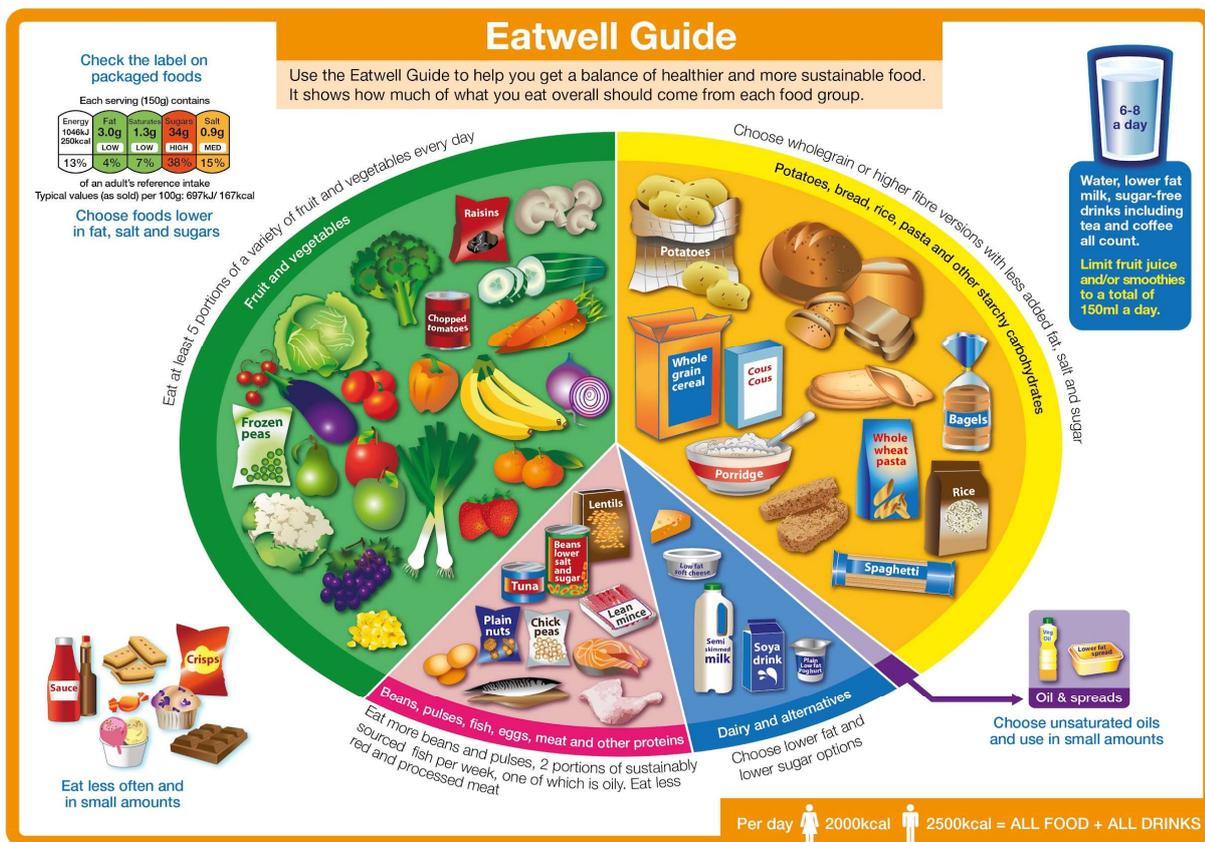
Earlsmead Primary School

Packed Lunch Policy

Policy summary	The school's responsibilities relating to promoting the benefits of having a healthy diet.
Affects	Pupils
Drafted by	Headteacher
Status	Non-Statutory
Approved by	Headteacher
Last approved revision date	March 2022
Next review date	March 2023
Related policies, procedures and forms	Health and Safety

I. Introduction

We are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. This packed lunch policy is supported by what is taught in our curriculum where healthy eating is discussed and promoted in a number of subjects. 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.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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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. 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. The government provides regulations for healthy school meals and packed lunches and recommends that foods from the high fat and/or sugar group on the Eatwell plate should not be included in a packed lunch.

2. Aims

- To improve the nutritional quality of packed lunches and other foods taken into schools
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools
- To give clear guidance to parents/carers, pupils, governors, and staff on providing a healthy packed lunch
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood, setting a trend for lifelong changes
- This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating

3. Our Responsibilities

- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches abide by the standards listed below
- The school will promote a healthy lifestyle across the curriculum, and staff will be expected to comply with the policy when bringing in packed lunches and eating these with pupils
- The school will ensure that free, fresh drinking water is readily available at all times
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off
- Glass bottles and tins are not permitted due to safety issues that could arise
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption
- The school will support parents to implement the policy by holding healthy eating workshops and providing ideas for healthy packed lunches

4. Food contained in a packed lunch

Packed lunches should be based on the EatWell plate model and should aim to include all of the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad
- A non-dairy source of protein - meat, fish, egg, beans or pulses, such as lentils, kidney beans, chickpeas, hummus or falafel
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other types of cereals.
- Dairy foods such as milk, cheese, yoghurt or fromage frais

- Drinks - the school provides water but only healthy drinks, such as water, 100% pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies should be included in your child's packed lunch
- Oily fish such as salmon are a good source of protein and when possible should be included at least once every three weeks

Foods that should not be included in packed lunches:

To keep packed lunches in line with the food based standards for school meals, please avoid these foods.

- Chocolate or food items containing chocolate
- Other confectionery such as sweets and chewing gum
- Fizzy or sugary drinks
- Fruit flavoured squash drinks such as Ribena, Fruit Shoot or Capri Sun
- Diet or energy drinks which contain high levels of caffeine and other additives, and are not suitable for children
- Fast food such as burgers or chips

Foods that can be occasionally be included in packed lunches:

- Snacks such as crisps
- Meat products such as sausage rolls, individual pies, corned meat and sausages - these foods have a very high fat and salt content
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal

For a healthier snack:

- Replace cakes and pastries with fruit bread or a teacake
- Replace salted savoury snacks, such as crisps, with popcorn (not sweet or toffee), breadsticks, rice cakes or cheese and crackers
- Include dried fruit or fruit salad
- Drink water, milk, 100% juice, sparkling water, fruit smoothie, or a yoghurt or milk drink

Special diets and allergies:

Some pupils within the school suffer from food allergies. Earlsmead has a no nuts policy as some children have an extreme allergic reaction to nuts. Please do not give your child food that contains nuts.

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.

5. Health and safety

It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored at room temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches:

The school will provide storage areas/facilities for packed lunch bags in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

6. Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required. We will offer a range of ways to support parents/carers including regular information on newsletters, workshops, an information leaflet created by the children, and useful websites to be displayed on the school website.