

## PACKED LUNCH POLICY

### Aim

To ensure that 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.

### Why do we need a packed lunch policy?

A packed lunch policy will be introduced from January 2017 in order:

- To make a positive contribution to children's health and Healthy School Status.
- To encourage a happier and calmer population of children.
- To promote consistency between packed lunches and food provided by schools which, from September 2007, must adhere to national standards set by the government. Please visit the [children's food trust](#) for more information.

This policy will be implemented following consultation with governors, teachers, parents and children.

This policy will apply to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

### Objectives

- The school will provide facilities for pupils bringing in packed lunches.
- Free, fresh drinking water will be available at all times.
- The school will work with pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to encourage them to provide packed lunches which abide by the standards listed below.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- The school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

### Healthy packed lunch guidelines

Healthy packed lunches should be based on the 'Eatwell Guide' 2016 (Appendix 1) and could include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (eg. Lentils, beans, hummus, falafel) every day.
- Oily fish such as salmon at least once every three weeks
- A starchy food such as bread, pasta, rice, couscous, noodles or potatoes every day
- Dairy food such as milk, cheese, yoghurt or fromage frais every day.
- A healthy drink for example water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies every day.

### Packed lunches should, if possible, not include:

- Snacks such as crisps. Savoury crackers or breadsticks are a good alternative.
- Confectionary (chocolate bars and sweets). Cakes and biscuits are allowed as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, sausages/chipolatas should be included only occasionally.
- Carbonated drinks and glass bottles and cans **should not** be included a packed lunch

### Special diets and allergies

The school 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 this reason pupils are not permitted to swap food items.

### Assessment, evaluation and reviewing

- Packed lunches will be monitored by Midday Supervisors.
- Children will be encouraged to review the contents of their packed lunches.
- Teaching in Science lessons around healthy eating will encourage children to consider their diet and learn about the 'Eatwell Guide'.

- All parents and pupils who bring a packed lunch will receive a leaflet to remind them about the foods allowed and how to achieve a nutritionally balanced packed lunch.
- If a child regularly brings a packed lunch that does not conform to policy then the school will contact the parents to discuss this.

**Involvement of parents/carers**

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn the school will keep the parents informed.

**Dissemination of the policy**

- The school will write to all existing parents/carers to inform of the policy via the school newsletter.
- The policy will be available on the school’s website.
- The school will use opportunities such as Parents’ evenings and healthy living activities/weeks to promote this policy as part of a whole school approach to healthier eating.
- All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

**Linked Policies**

This policy is supported by:

- The ALP School Food Policy (August 2016)
- Healthy School status and curriculum policies – Food Technology, Science and PSHE reinforce the healthy eating message.

**Review**

The Governing Body reviews this policy bi annually. The Governors may however review the policy earlier than this if the government introduces regulations or if the governing body receives recommendations on how the policy might be improved.

**Chair of GB:**

**Date:**

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# Eatwell Guide

## Check the label on packaged foods

Each serving (150g) contains

Energy 1046 kJ 250 kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	88%	15%

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

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  
Potatoes, bread, rice, pasta and other starchy carbohydrates



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