



St Francis CE Primary School School Packed Lunch Policy

Aims:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now strictly regulated by national standards.

Rationale:

- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- Schools are required to positively promote the health and well-being of its pupils. Work around healthy eating is a high priority.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils.
- The short-term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.

- The longer-term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Food and drink in packed lunches: what the policy states:

The school will provide appropriate and attractive facilities for children eating packed lunches and will ensure that free, fresh drinking water is available at all times.

- The school will work with parents and carers to encourage packed lunches to meet the standards listed below.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible, the school will ensure children eating packed lunches and children eating school lunches can sit together.
- 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 provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

Packed lunches should include the following:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- oily fish, such as salmon, at least once every three weeks
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday

To keep packed lunches in line with the food standards for school meals, packed lunches should NOT include:

- Nuts – including peanut butter and Nutella – because of the life-threatening risk to any other child who may have a severe allergy
- High fat, high salt/ high sugar snacks such as crisps and sweet popcorn, or other high salt processed savoury snacks such as Dunkers.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Fizzy / sugary drinks. This includes high sugar juices and soft drinks such as Capri Sun and Ribena.

Occasionally (once a week), the following may be included:

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.
- Plain cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.
- The school will allow children to bring in crisps and chocolate biscuits (not bars) on a Friday.

Special diets and allergies

The school is a **nut free zone**. Please check that the food in your child's packed lunch does not include nuts. The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. For these reasons pupils are not permitted to swap or share food items.

Assessment, evaluation and reviewing:

Our Lunchtime Supervisors are responsible for managing the lunch hall. Where parents and pupils do not adhere to the Packed Lunch Policy, they will receive a copy of this policy in the packed lunch

reminding them of the guidance. If a child regularly brings a packed lunch that does not conform to the policy, the school will contact the parents to discuss this. Whilst it is not our intention to tell parents what and how they should be feeding their children we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.

Sharing the policy

- The school will ensure that all parents/carers and children are aware of the policy by sharing information via the school newsletter, website, prospectus and during assemblies.
- The school will use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating.
- The policy will be shared with all school staff and appropriate professionals.

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