

# **Healthy Packed Lunch Policy**

## **Please note: we are a nut free school!!!**

### **Introduction:**

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools, and **The School Food Trust** which encourages healthy eating. Eating healthily is important because it helps children to:

- Be fitter and healthier now and later in life.
- Learn more effectively and with increased concentration

### **Objective:**

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

### **Who does it apply to and when and where?**

To all pupils and parents providing packed lunches, to be eaten within school or on school trips during normal school hours.

### **Aims:**

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Whenever possible the school will allow children eating packed lunch or school meals to sit together.
- Children must only eat their own food and not other children's.

### **Guidance:**

#### **Suggestions for food to regularly include in a healthy packed lunch**

- **At least** one portion of fruit or vegetables every day.
- Meat, fish or an alternative source of protein (e.g. lentils, beans, or soya,) every day (usually as part of a sandwich, roll or salad).
- A starchy food such as bread, pasta, rice, pitta bread, wraps, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.
- **It is important to provide food which your child enjoys.**

#### **Suggestions for food to include less often in a healthy packed lunch**

- Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Cakes.

#### **The following foods should not be included in a healthy packed lunch**

- Sweets, chocolate bars and fizzy drinks are not allowed.

- **Nuts/nut products** (although they can be very healthy) because of the danger to other children/adults with allergies. This included Nutella spread and peanut butter and cakes/breads containing nuts.

**Special diets:**

The school also recognises that some pupils may have verified medical conditions requiring 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. If any of the foods suggested on the not to include list need to be a part of your child's daily diet, please inform your child's class teacher.

**Assessment, evaluation and reviewing:**

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers or a Healthy Eating Award. Pupils on special diets following verified medical advice will be given due consideration.

**Publication of the policy:**

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school's website. The school will use opportunities such as parent evenings 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. We value parent/carer support in maintaining a healthy attitude towards packed lunches.