

*"Learning Today, Leading Tomorrow"*



**Bishops Down Primary and Nursery School**

[www.bishopsdownprimary.org](http://www.bishopsdownprimary.org)

# Healthy Packed Lunch Policy

Date Agreed: February 2021

Date for Review: February 2023

Reviewed and updated by: Headteacher

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### **Overall aim of the policy:**

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 regulated by national standards.

- To make a positive contribution to children’s health.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools (which must adhere to national standards set by the government). Please visit <https://www.gov.uk/school-meals-healthy-eating-standards> for more information.
- To contribute to the self-evaluation for review by Ofsted.

The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014. A summary of the standards and a practical guide are available from gov.uk.

### **National guidance**

The policy was drawn up using a range of sources, national documents including a toolkit and NHS change for life documentation. <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

### **Where, when and to whom the policy applies**

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

### **Assessment, evaluation and reviewing**

Packed lunches will be regularly reviewed by teaching staff teaching assistants and midday meal supervisors.

- Healthy lunches will be rewarded by stickers and certificates.
- If a child regularly brings a packed lunch that does not conform to the policy then a leaflet outlining the guideline will be sent home and contact made by our Family Support Worker
- Please note: pupils with special diets will be given due consideration.
- No child will have their food confiscated but it is helpful if all parents adhere to the guidelines as other children are very aware of what is included in another’s lunch.

### **Food and drink in packed lunches**

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to encourage them to abide by the packed lunch guidelines listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off. Packed lunch boxes will be stored in a cool area of the classroom.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

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### **Packed lunches should include:**

- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- at least one portion of fruit and 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.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and fruit smoothies.

### **Packed lunches should not include:**

- snacks such as crisps (except on Friday). Instead, include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Small portions of cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- Nuts or nut products.

### **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.

### **Dissemination of the policy**

The policy will be available on the school’s website and will be incorporated into school assemblies.

The school will use opportunities such as new parents evenings and PSHE lessons 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.

### **Special diets and allergies**

Please be aware of nut and other food allergies. 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.

School meals have to be prepared following similar principles. This means packed lunches should provide plenty of foods that contain the nutrients that children need, and fewer foods that are high in sugar and saturated fat.

The following information is designed to give you some ideas for healthy packed lunches and why particular foods should be included for your child’s health but also the foods that should not be included. We are aware that some children have special dietary needs either because of food allergies or intolerance or because of ongoing medical conditions such as Type 1 diabetes or coeliac disease, you may have a child who is particularly active and so has greater calorific needs. If this is the case these guidelines may need to be modified to meet their individual dietary needs.

The school would be grateful if you would adhere to these guidelines for packed lunches both when your child is eating at school but also when they are going on school trips.

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**It is recommended that a packed lunch should include something from each of the following food groups:**

- **Starchy foods**
  - These are foods that provide slow release energy and should be about 1/3 of the lunch.
  - Includes bread, rice, pasta, noodles and potatoes.
  - A traditional sandwich is absolutely fine but for added variety you may wish to try bagels, pitta bread, ciabatta, wraps, baguettes or rolls.
  - Encourage your child to eat different varieties of bread, wholemeal, seeded and rye bread are healthier bread options.
  - Rice, noodles, lentils, couscous, bulgur wheat and pasta can make an excellent basis for a salad, served with fruit and vegetables. Protein such as tuna, chicken, prawns or soya can also be added.
  - Left over pizza, omelet or quiche can also be used as an alternative to a sandwich.
  - Bread sticks, plain rice cakes or crackers serve with cheese are also acceptable (see the note about crisps below)
- **Protein**
  - Provides the vital nutrients for growth.
  - This food group includes meat, fish, eggs and beans.
  - Try to keep the amount of saturated fat down. These are often higher in processed meats such as sausages and meat pies.
- **Dairy**
  - Milk, cheese and yogurt are also important as part of a balance diet to provide calcium.
  - Small pots of custard or rice pudding are alternatives.
- **Fruit, vegetables and salad**
  - The antioxidant properties of this food group have been demonstrated to reduce the incidence of cardiovascular disease and help in the prevention of some types of cancer.
  - They are also an important source of dietary fibre, vital for a healthy digestive system.
  - Try to include at least one portion in every packed lunch and aim for at least 5 portions each day. (More about how to include five-a-day later.)
- **Drinks**
  - Tap or bottled water
  - Fruit juice and fruit smoothies should also have no added sugar.
  - Avoid sugary drinks that can add a lot of unnecessary extra calories and are more harmful to teeth.
  -

**Foods that should not be included:**

- Nuts, peanut butter and other products with nuts
  - We have a number of children and staff with severe nut allergy so we aim to keep a nut free environment at break and lunch time.
- Sweets, chocolates and fizzy drinks
  - Of little nutritional value and harmful to teeth
- Chocolate covered items eg KitKats and other chocolate coated biscuits and cakes.
  - Cakes and biscuits baked with cocoa to make them chocolate flavour are acceptable.
- Crisps and other fried potato snacks should not routinely be included.
  - As children having school dinner are served chips on Friday a packet of crisps or similar may be included on Friday only.

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### **Cakes, biscuits and desserts**

- Many parents like to include a sweeter item similar to a dessert in their child’s packed lunch. This is acceptable, although not essential to meet their nutritional needs. Be aware that shop bought cakes and cookies are often higher in saturated fat and sugar than homemade ones so aim for a small portion.
- Hot cross buns, fruit scones and malt loaf are healthier options.
- Dairy desserts such as yoghurt, mousse, custard and rice pudding, or low sugar jelly are also alternatives.

### **Portion sizes**

- Consider carefully the portion sizes that you include in your child’s packed lunch. They should have the amount that they can finish comfortably, with little or no waste. Children are encouraged to eat all of their school meal as the portion sizes are carefully regulated but you need to discuss with your child what you would like them to finish from their packed lunch. Children will be encouraged to eat the majority of their savoury items first. A small piece of cheese eaten after the sweet items or a drink of water has been shown to help prevent dental decay.

### **Vegetarians/Vegans**

- If your child is vegetarian/vegan it is essential that they still get sufficient protein and iron for their growth and development.
  - Good sources of protein include: Quorn, pulses (beans, lentils and peas) and foods made from pulses such as tofu, hummus and soya mince. Eggs for vegetarians.
- Vitamins B12 and D maybe more difficult to source in a vegetarian/vegan diet.
  - Fortified breakfast cereals and yeast extracts such as Marmite are good sources. Eggs, dairy products and margarine for vegetarians.

### **Getting your Five a day**

- Eating 5 portions of fruit and vegetables has been suggested to reduce the incidence of cardiovascular disease and some types of cancer.
- One portion for a child is approximately what would fit in the palm of their hand.
- Try to present your child with as wide a variety as possible. Fresh, frozen and dried fruits and vegetables all count as does the tomato sauce around baked beans or tinned spaghetti.
- Fruit juice and unsweetened fruit smoothies may count only once per day and should be a meal accompaniment to reduce the fruit sugars harmful effects on teeth.
- Beans and pulses also count as just one of your five a day no matter how much is consumed.

### **Morning break**

All children in Nursery through to Year 2 will receive a free piece of fruit or vegetables a day at break-time. For KS 2 we encourage you to provide only a fruit or veg snack for mid-morning break.

### **Lunch time**

- Aim to include at least one portion of their five a day in their packed lunch
- Dried fruits such as sultanas, raisins, apricots and mango are easy to eat options for packed lunches.
- Cherry tomatoes or carrot, celery, cucumber or pepper cut into sticks are also good options.
- Add salad to their sandwich or other starchy food option.
- A flask of warm vegetable soup is another alternative.

### **On the way home**

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Children are often very hungry after a day at school and may be willing to try something new when they are hungry. A fruit or vegetable snack is a much healthier option than crisps biscuits and sweets.

Signed: \_\_\_\_\_  
Headteacher

Dated: \_\_\_\_\_

Signed: \_\_\_\_\_  
Governor

Dated: \_\_\_\_\_