



Packed Lunch Policy

Aim

At Allerton CE Primary School we want to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to food served in schools, which is now regulated by regular standards.

National Guidance

This policy takes consideration of a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools Toolkit (Department of Health) and Food policy in Schools - A Strategic Policy Framework For Governing Bodies (National Governors Council, (NGC) 2005).

This policy applies to all parents providing packed lunches for consumption at school or on school trips during normal school hours. It has been written in order to make a positive contribution to the health of our children and as part of our Healthy Schools Status. We believe that eating a healthy nutritional packed lunch can encourage a happier, calmer population of children. It is also written in order to promote consistency between packed lunches and food provided by the school, which adheres to the National Standards set by the government, details of which can be found at www.schoolfoodtrust.org.uk

Food and Drink in Packed Lunches

The school provides facilities and adequate time for pupils to eat packed lunches. Fresh drinking water is provided. Parents do not have to provide a drink as part of the packed lunch. In warm weather parents are advised to pack a small freezer block in the lunch box to keep food cool.

In order for our children to have a balanced diet we recommend that packed lunches contain:

- At least one portion of fruit or vegetables every day.
- A portion of meat or other source of non-dairy protein for example (lentils, chick peas)
- Dairy foods for example (cheese, yoghurt, fromage frais.)
- A portion of carbohydrate for example (bread, pasta, rice, couscous)
- Only water or fruit juice in their packed lunch.

A balanced diet can also include an occasional **small** portion of snacks such as:

- Snacks such as crisps (or a healthier alternative such as savoury crackers, bread sticks or rice cakes)
- A small cake or chocolate coated biscuit.

We recommend that these items are not included each day.

It is recommended that processed items such as dippers and cheese strings etc. are not included regularly. Where possible, parents and carers are encouraged to try and provide their child with a healthy packed lunch based on the following food groups:

Bread, cereals and potatoes

(Carbohydrate foods provide us with energy)

Food which could be included in a packed lunch:

- Pitta bread, wraps and bagels
- Sliced bread, rolls and baguettes
- Pasta, rice and couscous
- Bread sticks or crackers

Dairy products

(Dairy foods contain calcium which helps to keep bones and teeth strong)

Foods which are suitable for packed lunches include:

- Cheese
- Yogurt
- Cottage cheese
- Cheese spread

Protein – meat, fish, eggs, beans

(Protein foods help our bodies grow and repair itself)

Foods which are suitable for packed lunches include:

- Meat and fish
- Beans and pulses – such as chickpeas, kidney beans
- Eggs

Fruit and vegetables

(Fruit and vegetables contain important vitamins and minerals and help to prevent us becoming poorly)

It is recommended that packed lunches include at least one vegetable or salad item and one fruit item such as:

- Dried fruit such as raisins, apricots and dates
- 100% fruit juice or made from concentrate
- Vegetables such as carrot sticks, celery or sweet peppers

It is recommended that packed lunches contain 1 portion from each of the above food groups.

Fats and sugars

(These foods give us energy)

It is recommended that the following foods are not eaten regularly:

- crisps
- chocolate biscuits
- cakes/buns

We recommend that these foods are included on Fridays only.

We ask that fizzy drinks, sweets and chocolate bars are not to be included in packed lunches. As we have children with allergies, no nuts or products containing nuts are to be brought into school.

Assessment, Evaluation and Reviewing

The School Food Ambassadors have produced a healthy packed lunch leaflet which aims to provide children and parents/carers with information and ideas on how to make a healthy packed lunch. This will be shared at our parents meeting at the start of each academic year and parents will have the opportunity to review the policy and leaflet during parent's evenings. This will be available on the school website. The School Food Ambassadors will talk to the children about their understanding of a healthy packed lunch. Children will be invited to show their lunch to the SFA's and will receive sticker rewards for healthy lunches. Governors will have the opportunity to monitor and review the policy and leaflet during an annual Governors and staff evening.

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This Policy has been drawn up and written by the Healthy Schools Coordinator with support from a Healthy Eating Adviser from Leeds Healthy Schools. The policy has been formulated through consultation with pupils through the School Council, with parents through PTA and newsletters and staff through staff meetings. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, parents and staff.

This will be reviewed when updated legislation or guidance is issued by the DfE, Local Authority or other relevant organisation.

This will be reviewed annually by the Governing Body.

Drafted by: Sheryll Carter

Date: Annually