

## Harton Primary School



### Draft Packed Lunch Guidance Policy

**Policy approved and adopted:** January 2016

**Due for review:** January 2017

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

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritious food that is similar to prepared food served in schools, which is now regulated by national nutritional standards.

#### **How and why the policy was formulated:**

- To promote healthier diets and increase the understanding of the benefits of healthy eating amongst pupils
- To support children to understand how to maintain a healthy weight and to encourage a happier and calmer population of children and young people
- The School Council has been consulted over what makes a healthier packed lunch and why the school should encourage healthier options
- The school's Governing Body has approved this policy and welcomes feedback from pupils, parents and carers

#### **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 ensure that packed lunches abide by the standards 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 keep the food as fresh as possible.

#### **Packed lunches SHOULD include:**

- at least one portion of fruit and one portion of vegetables/salad every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day
- 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, fromagefrais or custard everyday

- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

#### **Packed lunches SHOULD NOT include:**

- Snacks such as crisps, except on “treat” days e.g. Fridays (note that the low-salt baked varieties are the healthiest and widely available). Instead, include nuts, seeds, 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 branded chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits should be of sensible, age-appropriate portion sizes but please encourage your child to eat these only as part of a balanced meal.
- Drinks with a high sugar content and additives (these encourage tooth decay and have little or no nutritional value).

#### **Special diets and 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.

#### **Ideas for healthier packed lunches**

Ideas for better packed lunch contents are featured on the Change4Life website:

<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>

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

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from 11<sup>th</sup> April 2016.

#### **Dissemination of the policy:**

The school will inform all new and existing parents/carers of the policy via the school newsletter.

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

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.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Signed:

Dated: