

Stanford Junior and Infant

Packed Lunch Policy

Policy Rational

This policy aims to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch. We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

The policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

Development of the Policy

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day, as well as being a major element of The Healthy Place Award. The Eatwell plate (displayed in the school entrance on the 'Change 4 Life' board) demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day.

School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches, and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g. crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

Content of Packed Lunches

Foods to include:-

We ask that all packed lunches should include the following:

- Fruit and Vegetables;** at least one portion of fruit and one portion of vegetables.
- Protein;** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus)
- Carbohydrate;** starchy food such as bread (preferably wholemeal), pasta, rice, couscous, noodles, potatoes and chapattis.
- Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.

Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies.

NO FIZZY DRINKS

Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, rice pudding, fruit smoothies, fruit based crumble.

Foods to avoid or limit:-

- Crisps, cakes and plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Peanuts and peanut products

Special diets and allergies

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets, which will not necessarily follow the recommendations laid out in this policy. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut allergies we ask parents to refrain from including peanuts or peanut butter in lunches.

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.

Staff

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

Facilities for packed lunches

We will:-

- Provide trolleys to store packed lunches on.
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches. If a lunch is not deemed to meet nutritional standards, parents will be advised on the changes that need to be made.

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a range of ways to support parents/carers e.g. regular information on newsletters, special meetings and workshops.

Policy Review

This policy will be reviewed regularly 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.

For a balanced packed lunch select these healthier food and drinks:

Fruit and

Vegetables

Meat/ or alternatives

Oily Fish

Starchy Food

Milk

Dairy Food

Drinking water

Include at least one portion of fruit and one portion of vegetables or salad every day

Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas or hummus

Include oily fish, such as salmon, at least once every three weeks

A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes

Include a dairy food such as semi-skimmed milk, cheese, yoghurt, fromage frais or custard every day

Fresh drinking water should be available at all times

still fruit juice, semiskimmed or skimmed milk, yoghurt or milk drinks and smoothies

Snacks such as crisps should rarely be included. Alternatively seeds, vegetables and fruit (with no added salt, sugar or fat) could be added.

Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice

Confectionary such as chocolate bars, chocolate coated biscuits and sweets should not be included.

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 should be included only occasionally.