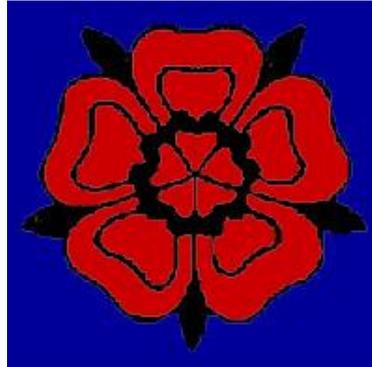


Rosa Street Primary School



Packed Lunch Policy

Date Policy Adopted – March 2018

Review Date – March 2020

Head Teacher – Mrs. H Ashton

Governor – Katrina Bage

A member of Cleves Cross Learning Trust



Policy Rationale

This policy is part of our school food policy and 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. The Eatwell Plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see Appendix 1). School meals and packed lunches can 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 (see Appendix 2), and this recommends that foods from the high fat and /or sugar group on the Eatwell Plate (eg. crisps and chocolates) should not be included in a packed lunch. This advice is based on the 'School food in England' (January 2015) document which provides the links to the legislation. The Department for Education require us as a school to comply with this advice.

This policy has been developed, using the above guidance, by our SNAG team (School Nutrition Action Group) that consists of a range of representatives across our school community – pupils, parents, governors, staff, school nurse and local authority expertise. We would like to thank them for the hard work and effort that they have put into this document.

Content of Packed Lunches

Foods to include :-

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (Appendix 1) and should include the following:

- **Fruit and Vegetables;** at least one portion of fruit and one portion of vegetable.
- **Protein;** meat, fish, egg or other source of non-dairy protein (eg. lentils, kidney beans, chickpeas, hummus or dhal).
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon or tuna.
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- **Dairy;** foods 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 – 150ml serving (no added sugar), fruit or vegetable flavoured water with no added sugars or sweeteners, reduced fat and sugar yoghurt or fruit smoothies (minimum 45% fruit).

- **Puddings;** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble. Cakes and biscuits can be included, as part of a balanced lunch, as long as they are not chocolate coated.

Foods to avoid or limit:-

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
These items should be included in packed lunches no more than twice per week.

Packed lunches should not include any of the following:-

- Drinks other than those indicated above
 - Confectionary such as chocolate bars and sweets.
 - Chocolate spread as a sandwich filling.
 - Chocolate or chocolate coated food.
 - Nuts and peanut products.
 - Chewing gum.
 - Sugared / toffee and salted popcorn.
 - Crisps or other savoury snacks that are high in salt and fat.
- ❖ Many packets advertise clearly that they are lower in fat, however the salt content remains fairly well hidden. Please check the labels for content, comparing the 'per 100g' measure. Low salt would be classed 0.3g or less per 100g and high is more than 1.5g salt per 100g. Please do not include snacks that exceed the 1.5g per 100g measure. Examples of crisps/snacks that contain less than 1.5g salt include some varieties of Walkers Lites, Walkers Baked, Pom Bears, Lidl's Linessa crinkle cut, Jacob's Oddities. This is not an exhaustive list, but in general 'baked' varieties tend to meet the criteria more often than other types. Flavours within brands also differ – so please check.

Special diets and allergies

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require diets that do not follow the National Food Standards exactly. 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.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Staff

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

Facilities for packed lunches

We will :-

- Provide appropriate facilities to store packed lunches.
- Provide fresh drinking water.
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch and wherever possible allow pupils with a packed lunch and pupils having school meals to sit 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. Any concerns over a child's food/nutrition intake and/or content of packed lunches will be dealt with timely and sensitively.

Working with parents and carers

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

Policy Review

This policy will be reviewed as part of the school's agreed policy review system. In addition any major legislative or governmental changes with regard to school food may lead to this policy being amended.

Signed..... Head Teacher

Signed..... Chair of Governors

Signed..... Pupil Representative

Signed..... Parent Representative

Review date: March 2019