



Dunston Hill

Community Primary School



Healthy Packed Lunch Policy

September 2018

DUNSTON HILL COMMUNITY PRIMARY SCHOOL

HEALTHY PACKED LUNCH POLICY

Rationale

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 visits 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. 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 recommends that foods from the high fat and/or sugar group (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 be based on the School Food Trust's food-based standards and should include the following:

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetables every day
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas) every day
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna at least once every three weeks
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes every day
- Dairy; food such as milk, cheese, yoghurt, fromage frais or custard every day
- Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies every day
- NO FIZZY DRINKS
- Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

Foods to avoid or limit

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

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

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 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.

Facilities for Packed Lunches

We will:-

- Provide appropriate facilities to store packed lunches
- Provide free, 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, 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/carers will be advised on the changes that need to be made. Any sweets or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit and alternative drink.

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.

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