



# Dunston Hill

Community Primary School



## Healthy Packed Lunch Policy

September 2021

# 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 – see allergies.

## **Special Diets**

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.

## **Allergies – NUT FREE Zone**

Our school is a “nut free” environment. This is because we have a small number of children in school who have a nut allergy. If these children come into contact with nuts or products containing nuts, there is a strong risk of a severe allergic reaction (anaphylactic shock) which is potentially life threatening.

We ask for your help in minimising the risk to these children by following these important measures:

- Please do not send in any home-made or shop bought food for your own child or for sharing with the rest of the class (for example, sweets, cake or buns for birthday celebrations) unless they are sealed in bags ready to hand out to pupils at the end of the day
- Please do not provide your child with any nuts or products containing nuts in their packed lunch. This includes peanut butter sandwiches and other spreads containing nuts such as Nutella. It also means that you will need to check the ingredients of foods such as cereal bars, biscuits, bread, Pesto and some desserts. Some products contain nut oil which is also restricted. As a guide, please look out for any bold print on the ingredients list that says the product contains nuts. If the packaging says “may contain nuts”, this is a smaller risk and may be included in the packed lunch. This rule applies for any adult in school as well as children
- Please ensure that if your child has eaten something containing nuts before school (such as cereals or advent calendar chocolate containing nuts), hands and mouths are washed before they enter the school building. It is important that all parents carry out the requested measures to reduce the risk of severe allergic reaction.

Any product containing nuts will be removed and given back to you at home-time, but we will provide you with reminders of our policy in our newsletters to help everyone to remember. Your co-operation in this important matter is very much appreciated.



## **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.