



## Example Packed lunch policy

**Name of school:**

**Date policy approved and adopted:**

**Due for review:**

### Overall aim of the policy

Research tells us that eating a balanced meal at lunchtime can positively affect children's concentration and behaviour and impact on their overall health and wellbeing. The aim of this policy is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that meet the same standards as schools meals. The most recent standards which regulate school food served across the school day including lunchtime meals were introduced in January 2015 titled The School Food standards.

### How and why the policy was formulated

- In July 2014 the School Food Plan was launched and included a series of actions and recommendations for schools in order to create a good food culture and help children to develop healthy eating habits from a young age.
- As food and drink eaten at lunchtime provides children with a third of their daily intake, we want to ensure we are creating an environment where by we are encouraging children to eat a balanced meal at lunchtime meeting their nutritional requirements.
- The introduction of this packed lunch policy will provide families with guidelines of foods and drinks we encourage children to eat as part of a balanced diet at lunchtimes and the help create consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. For more information on the Standards for School food at lunchtime and across the school day please visit <http://www.schoolfoodplan.com/standards/>
- In order to make a positive contribution to children's health this policy was formulated by **(INSERT members/ Governing body lead)** in consultation with parents/carers and pupils.
- *You may also choose to include here about your work towards the B&NES Director of Public Health Award (local Healthy Schools Programme) and the Schools Food for Life Award.*

### National guidance

The policy was drawn up using a range of national documents including; The School Food plan, a toolkit and a draft policy from the Children's Food Trust and School Food in England – departmental advice for governing bodies (National Governors' Council, (NGC) 2015).

**INSERT any other guidance used.**

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

This policy applies to all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

### **Food and drink in packed lunches**

*Schools are advised to select and adapt policies from the below suggestions as appropriate for their individual circumstances.*

e.g.:

- 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
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- The school will ensure curriculum messages about food and healthy lifestyles are consistent with messages in the packed lunch policy.

### **In order for packed lunches to meet the same standards for school meals, please use the following recommendations to ensure children get the essential variety and balance needed:**

- ✓ At least one portion of fruit **and** one portion of vegetables **every day** – provide a variety over the week, including sliced fruit, grated carrot in sandwiches, cucumber and pepper sticks
  - ✓ One portion of starchy food such as any type of bread, cooked pasta, rice, couscous, noodles, potatoes **every day** (try to include a wholegrain variety regularly too)
  - ✓ One portion of meat, fish or other non-dairy source of protein (e.g. sliced meat, sliced boiled egg; pulses such as lentils, beans or chickpeas as part of a salad or hummus for dipping vegetables in) **every day**
  - ✓ Dairy food such as cheese cut into cubes or grated in a sandwich, small pot of yoghurt\*, or fromage frais\* **every day**
  - ✓ Water (still or sparkling) **every day**
- \*These should be natural or low sugar where possible and not include chocolate or sweets**

**To ensure children are having the right balance of food and drink across the day, it is recommended that high sugar, fat and salt items are not included in packed lunches. As children have other opportunities to consume these items when not at school, we respectfully ask for the following items not to be included in packed lunches:**

#### **X Crisps**

- ✓ Try savoury crackers/breadsticks if you wish to include another small starchy food item

**X Confectionery** e.g. chocolate, chocolate-coated biscuits/bars, sweets

✓ Try a small piece of homemade cake, flapjack or cookie, especially those with added fruit. Puddings provided at school meals are homemade containing less sugar than similar shop bought products and contain 50% fruit (from weighed raw ingredients).

**X Processed meat products** e.g. sausage rolls, pies, tinned meat, sausages, salami sausages as these can be high in fat and salt

**X Sugary drinks (especially fizzy)**

✓ Try fruit juice diluted (half water half juice is best) but water is always available for children so additional drinks aren't necessary

## **Special diets and allergies**

### ***Schools to amend as necessary in line with School Food Policy***

In line with schools food policy, nuts and nut products are be banned. 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 and speaking directly to the school. For these reasons pupils are also not permitted to swap food items.

## **Assessment, evaluation and reviewing**

We encourage all of our pupils to have a school provided meal at lunchtime. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

***Schools and settings need to decide how they will monitor adherence to the packed lunch policy – delete as appropriate below:***

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors / pre-identified pupil packed lunch helpers

If a child's packed lunch does not continually conform to the policy then the school may contact the parents to discuss this.

The packed lunch policy will be reviewed every two years. The school will keep the parents and the School Nutrition Action Group / Packed Lunch group informed as per the methods detailed below under "Dissemination of the Policy".

## **Dissemination of the policy**

***Schools to delete as appropriate below***

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

The policy will be available on the setting's website and will be incorporated into induction meetings for new families.

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 balanced eating.

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

## **Linked policies**

*Please list all of the school's policies that are relevant to healthier eating. E.g. School Food Policy, food technology, PSHE, science, technology (primary schools), on site policy etc.*

**Named person responsible for Food and Drink:**

**Review Date:**

**Signed:**