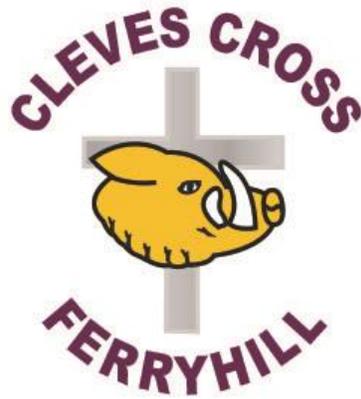


# Cleves Cross Primary School



## School Packed Lunch Policy

Policy Adopted: Jan 2016  
Reviewed Date: May 2018  
Review Due: May 2020  
Head Teacher: Mrs A Lazenby  
Governor: Ms G Newby



A member of the Cleves Cross Learning Trust



# School Packed Lunch Policy



## School Food – Policy for Packed Lunches (brought in from home)

### Introduction

To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. We are also keen to reinforce our Rights Respecting work and would refer readers to the UNCRC Article 6 'Governments should ensure that children develop healthily' and also Article 24 'Children have the right to clean water and nutritious food'

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

### Aim

To ensure that packed lunches (brought in from home) reflect the new standards for school meals introduced in January 2015.

### Rationale:

- Schools are required to positively promote the health and well-being of its pupils. Work around healthy eating is a high priority of our school and is incorporated across the curriculum.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- We aim to encourage healthy eating habits from an early age and improve the overall nutrition of pupils
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.
- The contents of lunchboxes in some schools can be extremely unhealthy, previous audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables. Many of our school lunchboxes do contain healthy items, but there are still too many that contain foods which are high in fat and salt content, especially processed type snacks and chocolate coated products such as cakes and biscuits.

## Objectives

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes
- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well-being in later life.
- To ensure that food brought into school (packed lunches) reflects and meets the School Food Standards – which can be found at [www.schoolfoodplan.com](http://www.schoolfoodplan.com)

## Implementation

- This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.
- It has been developed 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.
- The group have drawn 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.
- 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 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.

## 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 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 (e.g. 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.
- **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:**

#### **Foods and drinks high in fat and / or sugar**

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools.

#### **Please support school by not including these items in a packed lunch i.e.**

- Confectionary such as chocolate bars and sweets.
- Chocolate spread as a sandwich filling.
- Chocolate or chocolate coated food - this includes chocolate coated cakes, biscuits, and confectionary included in some yoghurt pots (e.g. 'corners')
- Chewing gum
- Sugared / toffee and salted popcorn
- Crisps or any similar snacks that are high in salt and fat. Many packets advertise clearly that they are lower/reduced fat – the specific guidelines are that there should be less than 17.5g per 100g, 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 (or 0.1g sodium) and **high is more than 1.5g salt per 100g (or 0.6g sodium)**. 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, 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.
- Salted nuts
- **Drinks** - Cool, filtered water is provided for everyone at lunchtime.

Additional information is available with ideas and examples of foods that can be included in packed lunches at <http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>

## **Waste and Disposal**

We will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

## **Promotion of Healthy Packed Lunches**

There will be ongoing promotion of the need to provide healthy packed lunches through:

Pupil, parent / carers newsletters	-	School prospectus / brochure	-	Whole School Packed Lunch Policy
	-	Health weeks / healthy eating activities	-	Curriculum content - Parents evenings / parent consultations
(SNAG)	-	School website	-	Reward schemes
development for school staff			-	Professional

## **Packed Lunch Containers**

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

### **Storage of Packed Lunches**

School will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, we cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

### **Dining Facilities for Pupils Bringing Packed Lunch**

School will provide an appropriate area where pupils who choose to bring packed lunches can eat.

### **Monitoring and Evaluation**

School will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, then this can be dealt with timely and sensitively, initially with a reminder to the child and followed up, if necessary through contact with parents.

**OfStED** are required to report on how the school promotes the personal development and wellbeing of all pupils – this can include food provision including packed lunches brought into school.

The Local Authority will work with school to review packed lunch provision and will provide advice and support to members of the school community.

### National Healthy School Programme (NHSP):

Although this programme is no longer funded by the government through the health service, we as a school feel it is still important to promote the ethos and standards promoted by the programme and will continue to implement them into school life.

### **Policy Review**

This policy will be reviewed 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.

### **Endorsement**

**The School Governing Body, Pupils, Parent/Carer Representative, School Nurse, LA Advisor, Staff and children's representatives endorse this policy for implementation.**

Signed...Mrs A Lazenby.....Headteacher

Signed Mrs D Slater .....Governor

Signed SNAG.....Pupil Representatives

Signed.....A. Winter, Parent /Carer Representative

**Review date May 2020**