

Beaconsfield Primary School

'Shining a Light on Learning'



- B** - **Belief**
- P** - **Perseverance**
- S** - **Success**

Packed Lunch Policy

September 2019

Review date: September 2022

Aims

- ✓ To improve the nutritional quality of packed lunches and other foods taken into schools.
- ✓ To ensure that all packed lunches brought from home (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools.
- ✓ To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy promotes a whole school approach to food and healthy eating.

The policy

- ✓ The school will work with the pupils to provide attractive dining room arrangements.
- ✓ The school will work with parents to ensure that packed lunches abide by the standards.
- ✓ The school will ensure that free, fresh drinking water is readily available at all times.
- ✓ Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- ✓ Glass bottles and tins are not permitted due to safety issues that could arise.
- ✓ All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.

Food contained in a packed lunch

Packed lunches should be based on the Eat Well plate model and should include the following every day:

- ✓ **Fruit and Vegetables** - at least one portion of fruit and one portion of vegetables or salad.
- ✓ **Non-dairy source of protein** - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- ✓ **A starchy food** like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- ✓ **Dairy foods** such as milk, cheese, yoghurt
- ✓ **Healthy drinks** such as water, 100% pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- ✓ **Oily fish**, such as salmon, should be included at least once every three weeks.

To keep packed lunches in line with the food based standards for school meals, packed lunches should **not** include:

- ✓ High fat, high salt, high sugar snacks such as crisps
- ✓ Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum
- ✓ Chocolate spread, honey, jam or marmalade as a sandwich filling
- ✓ Cereal bars and fruit bars
- ✓ Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.

On Fridays, ONE 'treat' item of food (e.g. crisps, biscuits etc.) can be included in the packed lunch however the portion size must be appropriate (e.g. not a family sized bag of crisps).

Special diets and allergies

Within the school there are children with different allergies such as nut allergies which in some cases can be life threatening. Parents are requested to make sure that packed lunches are nut free so that children can stay safe from having allergic reactions when eating during lunchtime.

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. For these reasons pupils are also not permitted to swap food items.

Health and safety

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

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

Assessment, evaluation and reviewing:

- ✓ Packed lunches will be regularly reviewed by teaching staff.

- ✓ Healthy lunches will be rewarded with stickers.
- ✓ Parents and pupils who do not adhere to the Packed Lunch Policy will receive a letter within the child's packed lunch informing them of the item the child should not have brought to school. If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this.
- ✓ Unhealthy food that is removed will be returned to the child at the end of the day with a note to the parent.
- ✓ If a child's packed lunch is wholly inappropriate, the child will be given an alternative. The school will provide the child with a school meal and the parent will be charged.
- ✓ Pupils with special diets or food allergies will be given due consideration.

Dissemination of the policy

- ✓ The school will write to all new and existing parents / carers to inform them of the policy. Children will also take part in a 'Healthy Living' week in the 2019 Autumn Term to make them aware of the expectations set out within the policy.
- ✓ The school will run informative workshops for parents to support them in ensuring that packed lunches conform to the expectations set out in the policy.
- ✓ The policy will be available on the school's website and will be incorporated into the school prospectus.
- ✓ The school will use opportunities such as parent coffee mornings to promote this policy as part of the whole school approach to healthier eating.
- ✓ All school staff, including teaching and catering staff as well as the school nurse will be informed of this policy and will support its implementation.

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.