

Packed Lunch Policy

1. Introduction

At Bellenden Primary School, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. This policy is supported by what is taught in our curriculum where healthy eating is discussed and promoted in a number of subjects. 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.

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. The government provides regulations for healthy school meals and packed lunches and recommends that foods from the high fat and/or sugar group should not be included in a packed lunch.



2. Aims

This policy has been drawn up in consultation with pupils and staff with the following aims:

- To improve the nutritional quality of packed lunches and other foods taken into schools
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools
- To give clear guidance to parents/carers, pupils, governors, and staff on providing a healthy packed lunch
- 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 fits within a wider context of promoting a whole school approach to food and healthy eating.

3. The policy

- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- The school will promote a healthy lifestyle across the curriculum, and staff will be expected to comply with the policy when bringing in packed lunches and eating these with pupils.
- 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.

4. Food contained in a packed lunch

Packed lunches should aim to include all of the following every day:

Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.

A non-dairy source of protein - meat, fish, egg, beans or pulses, such as lentils, kidney beans, chickpeas, hummus or falafel.

A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other types of cereals.

Dairy foods such as milk, cheese, yoghurt or fromage frais.

Drinks - the school provides water but only healthy drinks, such as water, 100% pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies should be included in your child's packed lunch.

Oily fish such as salmon should be included at least once every three weeks. As part of the packed lunch policy, children's packed lunches ***should always*** include:

- A starchy food, such as bread, potato, rice, pasta, or yam
- At least one item of fruit, vegetable or salad
- A balance of foods from different food groups

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

- Chocolate or food items containing chocolate
- Other confectionery such as sweets and chewing gum
- Fizzy or sugary drinks
- Fruit flavoured squash drinks such as Ribena, Fruit Shoot or Capri Sun,
- Diet or energy drinks which contain high levels of caffeine and other additives, and are not suitable for children
- Fast food such as hamburgers or chips

Occasionally the following may be included:

- Snacks such as crisps
- Meat products such as sausage rolls, individual pies, corned meat and sausages - these foods have a very high fat and salt content
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal

For a healthier snack:

- Replace cakes and pastries with fruit bread or teacake
- Replace salted savoury snacks, such as crisps, with popcorn (not sweet or toffee), breadsticks, rice cakes or cheese and crackers

- Include dried fruit or fruit salad
- Drink water, milk, 100% juice, sparkling water, fruit smoothie, or a yoghurt or milk drink

Children who eat school dinners will be asked to choose a vegetable or salad item as part of their lunch.

Special diets and allergies

Some pupils within the school suffer from food allergies. Bellenden School has a **no nuts** policy as some children have an extreme allergic reaction to nuts. Please avoid giving your child nut products in their packed lunches.