

Policy for Packed Lunches (brought in from home)

This policy has been created by a number of multi-agency partners involved in reducing childhood obesity, promoting health and wellbeing of young people and the provision of catering services in schools.

Additional guidance on providing children with healthy packed lunches can be found from a number of sources:

<http://www.childrensfoodtrust.org.uk/>

<https://www.nhs.uk/change4life/about-change4life#y1Y6sf42c8F6AdIX.97>

<http://www.schoolfoodplan.com/>

[https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School food in England.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School_food_in_England.pdf)

As part of the Governments approach to help reduce childhood obesity, this strategy outlines expectations on all schools. Schools will be expected to:

- Develop healthy packed lunch policies, so that children not yet taking up school lunches are also eating healthier

Aims

- To promote healthy eating in school
- Ensure contents of lunchboxes reflect the requirements of schools to meet minimum food and nutrition standards for school meals
- Encourage healthy eating from Early Years to improve health and wellbeing of pupils

Implementation

Packed lunches should include items from the 5 main food groups;

1. Bread, Rice, Potatoes or Pasta – these items will keep your child fuller for longer;
2. Fruit and Vegetables – these provide vitamins and minerals. Include at least 1 portion of fruit and 1 portion of vegetables. E.g. a piece of fruit, carrot/cucumber sticks, cherry tomatoes;

3. Milk and Dairy - these items provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais;
4. Meat, Fish, Eggs, Beans – protein will help your child grow. 1 portion of these e.g. chicken as a sandwich filling;
5. Drinks – keep your child hydrated. Only water, low sugar squash or low sugar smoothies allowed

Please support us by NOT including these items in a packed lunch:

- Fizzy Drinks
- Chocolate bars
- Sweets
- Toffee Popcorn

Storage of packed lunches

The school will provide storage areas for packed lunches in an appropriate area in the classrooms.

Dining Facilities

The school will provide an appropriate area for where pupils can eat their packed lunches.

Monitoring and Evaluation

The school will monitor packed lunch provision – if there is concern over a child's food, nutrition intake and/or content of packed lunches, this can be dealt with sensitively by a member of the senior leadership team.

Children with Special Diets

The food and drinks included in the policy guidance will be suitable for most therapeutic diets. However, any pupils following a special diet devised by a health professional must adhere to it.

For these reasons, **pupils are not permitted to swap or share food items.**

If any issues arise, staff will consult parents/carers or relevant health care professions for advice.