



# St Bede's RCVA Primary Packed Lunch Policy

Approved by Governors	Spring 2020
Review Date	Spring 2022
Person Responsible	Head Teacher

# Policy for Packed Lunches (brought in from home)

## *Over-arching Rationale*

The underlying purpose for considering pupil's packed lunches is to further the aim of our school: To take children to a place within themselves that only God can fill.

By monitoring and encouraging children and their families to make positive, healthy choices we aim to assist in the child's long term development of being healthy and staying healthy. This is a main area under the Every Child Matters agenda.

## *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.

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*

Schools are required to positively promote the health and well being of its pupils. Work around healthy eating is a high priority of the Every Child Matters agenda. Our aim is to provide a packed lunch policy which reflects the same healthy standards as prescribed in Government standards for school meals.

## *Rationale:*

- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals. School dinners are highly regulated and are limited to :
  - Fatty foods 2 x weekly (e.g. pastry or fried foods such as chips)
  - Daily salt recommendations of no more than 3g (4-6 years) 5g (7-10 years) and 6 grams (11+ years)
  - No Chocolate (all chocolate cakes etc. are made with unsweetened cocoa)
- The short and longer 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.

## *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 food standards for School Food (2006).

## *Implementation*

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating. The school recognises that each child will have their own preferences and dislikes and encourages children to try new foods and have a varied and balanced diet.

- Children's packed lunches should ideally be based on the 'Eatwell Plate' model which shows items the 5 main food groups; (Food Standards Agency 2007).

### **Bread, Rice, Potatoes, Pasta**

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

### **Fruit and Vegetables**

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

### **Milk and Dairy foods**

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch.

### **Meat, Fish, Eggs, Beans**

These foods provide protein for growth. Packed lunches should include 1 portion of these foods

### **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 bars, fizzy drinks are not allowed in packed lunches.

The St. Bedes School Nutrition Action Group have worked with Taylor Shaw and the LEA to put together some 'fair' compromises which mirror the school meals restrictions and it is therefore agreed that **crisps can be included in packed lunches on Wednesdays** and a **chocolate coated biscuit may be brought in on a Friday**.

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches **should not** contain the following:

- Fizzy drinks
- Any type of chocolate bars / sweets / confectionary

### ***Waste and Disposal***

The school 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. *You may wish to advise your child to put any wrappers/uneaten food into their sandwich box or freezer bag.*

### ***Hot / Warm Food***

Children should not bring pre-heated foods into school as they may pose healthy and safety risks in terms of high temperatures or bacteria development in food not heated correctly.

### ***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. Glass and cans are not allowed for safety reasons.

### ***Storage of Packed Lunches***

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate 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.

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

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

### ***Monitoring and Evaluation***

The 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, this can be dealt with timely and sensitively. If banned items are brought into school they will be sent home with a reminder and the item will be replaced with a healthier option e.g. a piece of fruit. See Appendix B

### ***Promotion of Healthy Packed Lunches***

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

- Pupil, parent / carers letters/newsletters (see Appendix A)
- School prospectus / brochure/ website
- Whole School Packed Lunch Policy
- Health weeks / healthy eating activities
- Curriculum content
- Parents evenings / parent consultations
- Discussion through School Nutrition Action Group (SNAG)
- Reward schemes
- Professional development for school staff
- School involvement in National Healthy Schools Programme

OfSTED are required to report on how the school promotes the personal development and wellbeing of all

pupils – this may include food provision including packed lunches brought into school.

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

National Healthy School Programme (NHSP):

In order to achieve National Healthy Schools Status, schools are required to:

- “ensure healthier food and drink options are available and promoted in breakfast clubs, at break and at lunchtimes – as outlined by Food in Schools guidance”
- “monitors pupils’ menus and food choices to inform policy development and provision”

Schools that have achieved National Healthy School Status (NHSS) may be monitored as part of a national and local quality assurance process.

### **Moving onto / off School Meals**

Please ensure a least one week’s notice is given if a child wishes to stop / start receiving School Meal. This allows the kitchen to cook the correct number of meals and keeps costs down.

### ***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.

## *Appendix A*

Dear Parent/Carer

Our packed lunch policy has recently been reviewed.

A copy of the full policy is available on the school website, but as your child regularly brings a packed lunch to school it may be helpful for you to note some of the main points.

### *Aim*

As packed lunches can contribute to almost a third of a child's weekly food intake they need to be balanced and nutritious. Schools are required to positively promote the health and well being of its pupils. Our aim is to provide a packed lunch policy which reflects the same healthy standards as prescribed in Government standards for school meals.

### *Rationale:*

The government requirement for school meals limit: School dinners are highly regulated and have many guidelines and restrictions which include:

- Fatty foods only twice weekly (e.g. pastry, battered, crumbed or fried foods such as chips)
- No Chocolate (all chocolate cakes etc. are made with unsweetened cocoa)

Our packed lunch policy therefore aims to reflect this as the short and longer 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.

### **Packed Lunch Contents:**

The school recognises that each child will have their own preferences and dislikes and encourages children to try new foods and have a varied and balanced diet.

Children's packed lunches should ideally be based on the 'Eatwell Plate' model which shows items the 5 main food groups.

# THE EATWELL PLATE

A guide to the right balance of the five main food groups



- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats

## Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

## Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

## Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch.

## Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods

## 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 bars and fizzy drinks are not allowed in packed lunches. Please support your school by not including these items in a packed lunch (**see box below**).

The St. Bede's School Nutrition Action Group have worked with Taylor Shaw and the LA to put together some 'fair' compromises which mirror the school meals restrictions and it is therefore agreed that **crisps can be included in packed lunches on Wednesdays** and a **chocolate coated biscuit may be brought in on a Friday**.

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches **should not** contain the following:

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### ***Waste and Disposal***

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### ***Storage of Packed Lunches***

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

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Dear Parent/Carer

Just a reminder that chocolate bars and fizzy drinks are not allowed in school. A small bag of crisps may be brought in on Wednesdays and a chocolate coated biscuit may be included on Fridays. Many thanks for supporting our healthy eating aims!

### ***Moving onto / off School Meals***

Please ensure a least two week's notice is given if a child wishes to stop / start receiving School Meal. This allows the kitchen to cook the correct number of meals and keeps costs down.

## Appendix B

Dear Parent/Carer

Just a reminder that chocolate bars and fizzy drinks are not allowed in school. A small bag of crisps may be brought in on Wednesdays and a chocolate coated biscuit may be included on Fridays. Many thanks for supporting our healthy eating aims!