

REDLANDS PRIMARY SCHOOL

Packed Lunch Policy



Purpose

At Redlands we place very high value on healthy eating. All cooked lunches at school must comply with national food standards to ensure that children receive a healthy, balanced meal. We believe that the same standards should apply to packed lunches as a healthy meal in the middle of the day will give children the energy and nutrients they need to grow, develop and learn.

1. Aims of the policy

- To ensure that all packed lunches brought from home and consumed in our school (or on school trips) give our pupils healthy and nutritious food which is similar in quality to school meals.
- To create consistency between packed lunches and the food we provide in our school which must adhere to national food standards.
- To help improve children's health and give them a consistent message about healthy eating.
- To promote a better understanding of healthy eating.
- To promote and develop life-long healthy eating attitudes.
- To provide advice and information for parents about healthy packed lunches.

2. National Guidance

In drawing up this policy reference has been made to "School Food in England July 2016" DfE, "School Food Standards 2015" School Food Plan, the Children's Food Trust and NHS Change4Life.

3. Packed lunches in school

- Our school will provide appropriate facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- Our school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.

4. Food and drink in packed lunches

4.1 Packed lunches should **always** include:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish, eggs or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day
- Oily fish like salmon at least once every three weeks
- A starchy food such as bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day
- A dairy food like milk, cheese, yoghurt, fromage frais or custard every day
- A drink of water, fruit juice or smoothie (maximum portion 150mls), semi-skimmed 1% or skimmed milk, yoghurt or another milk drink

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4.2 Packed lunches may **occasionally** include:

- Meat products like sausage rolls, individual pies, corned meat and sausages
- Cakes and biscuits, but the child should be encouraged to eat these as part of the meal

4.3 Packed lunches should **not** include:

- Salty snacks like crisps – instead include seeds, vegetables and fruit with no added salt, sugar or fat
- Confectionary like chocolate, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets
- Sugary soft drinks like squash and fizzy drinks (even if labelled as ‘sugar-free’, ‘no added sugar’ or ‘reduced sugar’ as these drinks can contribute to tooth decay and provide little nutritional value).

5. Special diets and food allergies

Our school is aware that some children suffer from food allergies and/or require special diets. Procedures are in place to manage food allergies, and **we do not permit nuts, nut-based products or products containing nuts in school**. It is important to let the school office know if a child has any food allergies or special dietary requirements.

6. Assessment, evaluation and reviewing

Our teaching staff, support staff and lunch time staff review packed lunches on a regular basis. Where packed lunches are not in line with our policy, a member of staff will discretely speak to the parents and leaflets offering advice about healthy packed lunches will be offered.

Review date: Autumn 2018