

LANDYWOOD PRIMARY SCHOOL



Packed Lunch Policy

September 2017

Purpose of the policy

This policy aims to give clear guidance to parents and carers, pupils, governors and staff on providing a healthy packed lunch.

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.

This policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

This policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell Plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix A). 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 and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches (see appendix B), and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (eg. chocolate) should not be included in a packed lunch, and should be consumed out of school hours. Crisps once a week are seen as a compromise to this, as the school dinners have chips once each week.

Content of packed lunches.

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix A) and should include the following:

- **Fruit and Vegetables:** at least one portion of fruit and one portion of vegetables (seasonal if possible)
- **Protein:** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and dhal)
- **Oily fish:** such as tinned or fresh mackerel, sardines and salmon, and fresh skipjack tuna (tinned tuna is not counted as an oily fish)
- **Carbohydrate:** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- **Dairy:** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified soya products, reduced fat versions of these should be used where possible
- **Drinks:** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and low-sugar yoghurt or milk drinks and smoothies.
- **Fruit based pudding** such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble

Foods to avoid or limit

- A cake or a plain biscuit
- A packet of crisps
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas

Packed lunches should not include any of the following:

- Fizzy/sugary drinks in cartons, bottles or cans (including diet drinks and energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- Chocolate spread as a sandwich filling.

Special diets and allergies

We ask that parents/carers be aware of nut allergies.

The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case parents and carers are asked to make sure that packed lunches are as healthy as possible.

Packed lunch containers

We ask that pupils and parents/carer

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.
- Include an ice pack with packed lunches, particularly in the summer months, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Staff

To support a whole school approach, staff are encouraged to comply with the policy when bringing in packed lunches and eating these with pupils.

Facilities for packed lunches

We will:-

- Provide appropriate facilities to store packed lunches,
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. Periodically, staff will stick a sticker on packed lunch containers which meet our requests regarding contents to recognise and thank families. If a child regularly brings a packed lunch that concerns us, we will contact the parents to discuss this and send a letter home inside the lunchbox.

If a child's packed lunch is wholly inappropriate, they will need to be given an alternative if all of their food causes concern. The family will then be asked to pay for the cooked meal provided.

A log of names will be kept so that appropriate support can be targeted to families through amongst other avenues, the Home School Link Worker.

Non food-based rewards for eating healthy food at lunch/ trying new foods, whether packed lunch or school lunch are under discussion.

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy.

We offer advice and guidance to parents/carers on packed lunches through parent workshops involving the children too. This policy will be made available on our school's website.

Appendix A

The Eatwell Plate Model A balanced diet should be based on the Eat Well plate model.

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Appendix B

The School Food Trust Food Based Standards for Packed Lunches

Packed lunches should follow these food-based standards:

At a glance - the NEW packed lunch policy

For a balanced packed lunch select these healthier foods and drinks

	Fruit and Vegetables	Include at least one portion of fruit and one portion of vegetables or salad every day.	✓
	Meat & Alternatives	Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter† and falafel.	✓
	Oily Fish	Include oily fish, such as salmon, at least once every three weeks.	✓
	Starchy Food	A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.	✓
	Milk and Dairy Food	Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.	✓
	Drinking Water	Free, fresh drinking water should be available at all times.	✓
	Healthier Drinks	Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.	✓

Avoid including these foods in packed lunches

	Snacks	Snacks such as crisps should not be included. Instead, include nuts†, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.	✗
	Confectionery	Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.	✗
	Meat Products	Meat products such as sausage rolls, individual pies corned meat and sausages/chipolatas should be included only occasionally.	✗

Appendix 1 – letter sent home



"Pupils enjoy the opportunities the school offers and are positive about learning." Ofsted 2017

Landywood Primary School

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Dear Parents/Guardian,

As we know, from research undertaken by the School Food Trust, eating a healthy school meal can positively affect children's behaviour in the classroom. As you will be aware, there is increasing concern about rising rates of obesity and related health problems in children. As a school, it is part of our responsibility to help children learn how to eat healthily. After talking with pupils, parents and our school cooks, we have decided to introduce a policy for packed lunches. This will help your child to eat well and ensure that all pupils are benefitting from the better standards of food in school.

We understand that whilst some pupils already have fairly healthy packed lunches, for some families this will require significant changes to what you give your child for a packed lunch. So, we shall be introducing the policy gradually as well as running sessions about how to make healthier packed lunches. We would like pupils who are having packed lunches, to start gradually changing to the healthier options, with all packed lunches following the policy by Christmas.

We will continue to work with pupils to help them to understand the need for this policy and the benefits that healthier eating will bring them. Within a packed lunch we would like to see:-

- At least one portion of fruit and/or vegetable
- Starchy food such as any type of bread, pasta, rice noodles or potatoes
- A dairy food, for example cheese, yoghurt, fromage frais
- A drink of water, fruit juice or smoothie

Packed lunches may contain a small proportion of crisps, confectionary (chocolate or sweets).

To help you monitor how much of the food you are sending into school is being eaten, we will no longer allow packed lunch uneaten food to be thrown into dustbins here. Therefore enabling you to see what food comes home uneaten.

In the meantime, if you would like to find out more about the lunches on offer in school, please contact school to arrange a meeting with Mrs Smith, our Catering Manager. From October half-term until Christmas, we will be offering Years 3 – 6 children a special offer of buy 4 meals and get Friday's free. You can also choose to buy individual days if you wish.

Thank you for your support

Mr Clewer