



Packed Lunch and Healthy Eating Policy

Introduction

The school food standards were made mandatory for all schools in January 2015. We reviewed our Packed Lunch policy with effect from September 2019.

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school or on school trips provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

How and why the policy was formulated:

This policy was initially formulated in conjunction with the school food forum and the children during our work for the Healthy Schools Award in order to:

- promote consistency between packed lunches and food provided by schools which must adhere to national school food standards. Please visit www.childrensfoodtrust.org.uk/schools/the-standards for more information.
- make a positive contribution to children's health
- encourage a happier and calmer population of children and young people

National guidance:

The policy was drawn up using a range of national documents including this template policy from the Children's Food Trust and the school food standards.

Where, when and to whom the policy applies:

The policy applies to all pupils and parents/carers providing packed lunches to be eaten within school or on school trips during normal school hours.

Food and drink in packed lunches:

- The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags.
- The school will enable pupils eating packed lunches and pupils eating school lunches to be sat together.

Packed lunches should try to include:

- At least one portion of fruit / one portion of vegetables every day.
- Meat, fish, eggs, or other protein every day.
- A starchy food such as any type of bread, pitta bread or wraps, pasta, rice, couscous, noodles, potatoes or another cereal every day.

- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie, milk, yoghurt or another milk drink.

Packed lunches may include one of the following as part of a balanced meal:

- A cake or biscuit
- Mini cheddars / baked crisps
- Cheese spread dunkers / cheese strings etc.
- A cereal bar

Packed lunches should not include:

- Confectionery such as chocolate bars and sweets.
- 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).

Break times

Sweets, chocolate bars and other sugary/fatty snacks such as full fat fried crisps should not be brought into school, either to be eaten before school or at break. Children are encouraged to bring a healthy snack to eat at break time. This will be monitored by staff and unhealthy snacks will be sent home with the child at the end of the day. The school council count the number of healthy snacks for each class and the winning class receive a fruit hamper to share.

Promotion

School will promote healthy eating as part of the curriculum. This will be part of DT, PSHE, health and well-being lessons.

Nut Free School

Newlands Junior School aims to practise a nut free policy, although we recognise that this cannot always be guaranteed. We will try to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. This means that packed lunches should not contain nuts or nut products such as Nutella or Peanut Butter.

Assessment, evaluation and reviewing

Packed lunches will be overseen by midday meal supervisors.

Healthy lunches will be rewarded.

Where packed lunches contain unsuitable items for example sweets, children will be asked to take the item of food home.

Involvement of parents/carers

We encourage children to eat school lunches. However, parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which are in line with our packed lunch policy.