

*Green Lane
Church of England*



Primary School

Packed Lunch Policy

Policy Title:	Packed Lunch Policy
Policy Author:	RGE
Date Approved by Governing Body:	March 2019
Review Due:	Spring 2020
<u>Date of Review</u>	<u>Description of amendments (if applicable)</u>

The Ethos and Values of Our School

Green Lane Church of England Primary is a rural school in the heart of Teesdale and at the centre of our local community. We offer a fantastic education based around achievement and success in a nurturing, holistic environment. At Green Lane we see the ultimate purpose of education as the promotion of “life in all its fullness” (St John’s Gospel, chapter 10, verse 10).

Here education is about more than just academic achievement; it is about developing young people who can flourish in all areas of their lives developing the intellectual, spiritual, moral and physical attributes, becoming proud and respectful members of our community. Our deeply Christian ethos and values are central to the experiences our children have each day as part of ‘Team GL.’

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.

This policy applies to all packed lunches consumed within school and to packed lunches provided by the school to be taken out.

Aim

To ensure that packed lunches (brought in from home) reflect the new standards for school meals introduced in September 2015.

Scope

This document applies to all irrespective of their gender, ethnicity, disability, religious beliefs/faith tradition, sexual orientation, age or any other of the protected

characteristics (Single Equalities Act 2010). The school respects the rights of children and values the UN Convention on the Rights of the Child (CRC). This policy supports Article 2, 3, 6, 18, 24 and 28, in particular.

Rationale:

Schools are required to positively promote the health and well-being of its pupils. The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.

The short 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 (2015).

Implementation

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

Packed lunches should be based on the School Food Trust's food based standards.

Foods to include:

- **Fruit and Vegetables;** at least one portion of fruit and one portion of vegetables or salad every day
- **Meat and alternatives:** meat, fish, egg or another source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal) should be included every day
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon, tuna, at least once every three weeks
- **Starchy Food;** A starchy food such as bread, 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 milk, cheese, yoghurt, fromage frais, or custard every day
- **Drinks;** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies.

Meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally

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

- Fizzy / sugary drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Cereal bars, fruit bars
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee and salted popcorn
- Crisps or any packet savoury snacks high in salt and fat
- Salted nuts

Additional information is available with ideas and examples of foods that can be included in packed lunches from the School Food Trust www.schoolfoodtrust.org.uk

Special Diets and Allergies

Parents and carers are asked to 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/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut allergies we ask parents to refrain from including peanuts or peanut butter in lunches.

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. Containers should be reusable where possible.

Promotion of Healthy Packed Lunches

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

Pupil, parent / carers newsletters

School prospectus / brochure
Whole School / Packed Lunch Policy
Health weeks / healthy eating activities
Curriculum content
Parents' consultations
School website
Reward schemes
Professional development for school staff
Workshops for parents
School involvement in National Healthy Schools programme
'Pack A Punch In Your Lunch' guide to healthy packed lunches

It is hoped that all parents and carers will support this packed lunch policy. Advice and guidance will be offered to parents and carers on packed lunches if required

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 to reduce the risk of harmful bacteria growing if left in ambient temperatures.

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 and fresh drinking water will always be freely available

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.

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.