



Haworth Primary School Packed Lunch Policy

Guideline Development

The guidelines were formulated following consultation with the following:

- Pupils of the School Nutrition Action group (S.N.A.G.)
- Senior Lunchtime Supervisor
- Food Governor
- School Cook
- Food Leader
- The Senior Management Team

National Guidance: The guidelines were drawn up using a range of national documents, including information from the School Food Trust and the Food in Schools Toolkit.

Where, when and to whom the policy applies: To all pupils and parents providing packed lunches to be consumed within school or on school trips, during normal school hours.

Introduction

All food and drink served in our school is now regulated by mandatory government standards that promote a balanced meal that meets children's nutritional needs. Full details of the standards can be found at www.schoolfoodtrust.org.uk

The aim of our packed lunch policy is...

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to food served in schools.

Why are healthy packed lunches important?

Eating a healthy diet and exercising regularly can help children to stay a healthy weight as reflected in the Change 4 life message 'eat well, move more, live longer'.

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

A healthy packed lunch should be based on the four healthier food groups of the eatwell plate.





How we will support the policy:

- We will ensure that free, fresh drinking water is readily available at all times. **It is not essential to include a drink in packed lunches as water is provided.**
- Where possible any uneaten food will be sent home, to communicate with parents what their child has not eaten.
- We will work with the pupils, via the School Nutrition Action Group (S.N.A.G), to provide attractive and appropriate dining room arrangements.
- We will aim to ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- We will work with parents to ensure that packed lunches meet the standards listed in this policy.
- We will ensure we listen to parents views and ensure that the policy meets the needs of the children and their families.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags or use freezer blocks where possible to keep the food fresh.

Packed lunches should include:



- At least one portion of fruit and one portion of vegetables **every day**.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes **every day**.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, hummus, and eggs) **every day**.
- Dairy food such as milk, cheese, yoghurt, or fromage frais **every day**.
- Oily fish, such as salmon or sardines, **at least once every three weeks**. This is the same for the school meal standards as the omega 3 in oily fish is important to help maintain a healthy heart. (Tinned tuna does not count as a portion of oily fish.)
- Still water (plain or flavoured), semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies. No glass bottles are permitted in school.

Packed lunches could occasionally include:

- Snacks that are high in salt and/or fat such as crisps, snack a jacks or crackers.
- Small plain or fruit cakes, including small fruit pies and tarts e.g. Mr Kipling, scones, teacakes or malt loaf.
- Flapjack and plain biscuits (Penguin, 2 finger KitKat etc.) are allowed, but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Packed lunches should not include:

- Confectionary items which are high in fat and/or sugar such as sweets or chocolate bars
- Snacks such as crisps should only be included occasionally. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks are also a good choice.
- Sugary drinks fizzy drinks and sugar sweetened juice.



Special Diets and Allergies:

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also **not permitted to swap food items**.

We request that items containing peanuts are not included in lunchboxes, due to the severity of allergic reactions they can cause some children.

Please note: pupils with special diets will be given due consideration.

Assessment, Evaluation and Reviewing:

Packed lunches will be regularly reviewed by the School Nutrition Action Group (SNAG), teaching staff / catering staff / midday supervisors.

We will try and support families to bring in a packed lunch that follows our guidance and may send home reminders and healthy suggestions from time to time.

How we will share the policy:

All new and existing parents will be informed of the guidance. It will be available on the school's website and in the school prospectus.

Tracy Roe – Food Leader January 2016

Signed :

Dated: January 2016