

Parkway Primary School

Packed Lunch Policy



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Policy Rational

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

At Parkway we believe that a healthy packed lunch can contribute to the health of children and needs to be consistent with the nutritional standards provided by school meals. The 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.

Development of the Policy

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell Guide 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 1). 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 2), and this recommends that foods from the high fat and/or sugar group on the Eatwell Guide (e.g. crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

Content of Packed Lunches

Foods to include:

We ask that all packed lunches be based on the School Food Trust's food-based standards for packed lunches (appendix 2) and could include the following:

- **Fruit and Vegetables;** at least one portion of fruit and one portion of vegetables
- **Protein;** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus)
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon, tuna at least once every three weeks.
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapati and roti.
- **Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products.
- **Drinks;** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk.
- **Puddings;** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit-based crumble.

Foods to avoid or limit (items should be included in packed lunches no more than once per week):

- Crisps, cakes and plain biscuits
- Processed meat products such as sausage rolls, individual pies, corned meat and sausages.

Packed lunches should not include any of the following:

- Nuts and products containing nuts i.e. Nutella, peanut butter.
- Chocolate spread as sandwich filling
- Fizzy drinks
- Sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets

Special diets and allergies

We ask that parents/carers be aware of nut allergies. The school recognises that some children 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 this reason, children are also not permitted to swap food items.

As some children in school have nut allergies we ask parents to refrain from including any nuts or nut products in lunches.

Packed Lunch Containers

We ask that parents/carers:

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.
- to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.
- Please include any cutlery that your child needs for their lunch, securely in the container.
- Containers and/or bags must be named

Staff

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with children, e.g. on school trips.

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 children, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that children with a packed lunch and children having school meals, are able to sit and eat together.

Monitoring: Assessment, evaluation and reviewing:

To promote healthy eating, we will regularly monitor the content of packed lunches and involve children and staff.

We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches. If a lunch is not deemed to meet nutritional standards parents may be contacted. Healthy lunches will be rewarded by a variety of means and may include stickers, certificates and congratulatory letters home.

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

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches as required. We offer a range of ways to support parents/carers e.g. regular information on newsletters, website, special meetings and workshops.

Equality statement

Carefully consideration and analyse of the impact of this policy on equality and the possible implications for children with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

Review & Implementation Dates

The AHT (OT) will monitor the effectiveness of this and all of our policies and procedures and conduct a full review and update as appropriate. Our monitoring and review will include looking at how our policies and procedures are working in practice to reduce the risks posed to the School.

The outcome of the review will be communicated to all those involved, as appropriate.

The above Policy was completed by: Colette Shrimpton Autumn 2021

After consultation and agreement by Parkway Staff, this Policy was adopted by the School and implemented.

Next Review Date: Autumn 2025

Appendix 1 – The Eatwell Guide



Appendix 2 – The School Food Trust Standards for Packed Lunches

For a balanced packed lunch select these healthier food and drinks

Fruit and Vegetables	Include at least one portion of fruit and one portion of vegetables or salad every day
Meat and 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 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 everyday
Milk and Dairy Food	Include a dairy food such as semi-skimmed milk, cheese, yoghurt, fromage frais or custard everyday
Healthier Drinks	Include only water, still fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
Drinking Water	Fresh drinking water should be available at all times

Avoid including these foods in packed lunches

Snacks	Snacks, such as crisps should not be included. Instead include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or bread sticks served with fruit, vegetables or dairy food are also a good choice
Confectionary	Confectionery such as chocolate bars, chocolate coated biscuits and sweets should not be included. Cakes and plain biscuits/cookies 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 should be included only occasionally