

**Whittingham C of E Primary School**

**School Food - Policy for Packed Lunches**

**Policy ratified by Governors Autumn 2017. To be reviewed in line with cycle of policy review.**

**National guidance**

* This policy was drawn up using recommendations from the registered charity Children’s Food Trust. More information can be accessed via their website link [http://www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk/)

# Special diets and allergies:

* The school is aware of food allergies. A procedure is in place to manage food allergies and other individual special dietary requirements of children within school including those with religious observance.
* The school is currently reviewing its policy and whether to introduce a nut free policy. In the meantime, it would be helpful if families DO NOT include nuts or nut products in packed lunches. Your comments with regards to this are most welcome prior to our Autumn Term Policy Review in September 2020.

# 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 children.
* 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.
* The Office for Standards in Education (Ofsted) is required to report on how the school promotes the personal development and wellbeing of all children – this may include food provision, including packed lunches brought into school.

# Aim

* To ensure that the content of packed lunches meet minimum food and nutrition standards for school meals.

# Rationale:

* Schools are required to positively promote the health and well-being of its children. Work around healthy eating is a high priority.
* To encourage healthy eating habits from an early age and improve the overall nutrition of children.
* 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 at school and the eating habits of children at lunchtimes within school and on school trips.
* To develop an awareness in children, 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.

# Food and drink in packed lunches: what the policy states

* The school will provide appropriate and attractive facilities for children eating packed lunches.
* The school will work with parents to encourage packed lunches to meet the standards listed below.
* As fridge space is not available, children are advised to bring packed lunches in insulated bags with freezer blocks where possible. Packed lunches should be brought in a suitable container that is easily cleaned (preferably plastic).
* The school will encourage children eating packed lunches and children eating school lunches to sit together.

#  The ‘Always, Sometimes, Never’ approach to Packed Lunches at Whittingham C of E Primary

**Packed lunches should ‘Always’ include:**

* at least one portion of fruit and one portion of vegetables every day. Grapes and cherry tomatoes should be halved lengthways for Early Years children
* meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
* oily fish, such as salmon, at least once every three weeks.
* a starchy food such as any type of bread (white or wholegrain rolls, 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 can ‘Sometimes’ include:

* A meat product such as a sausage roll or an individual pie or corned meat.
* A cake or biscuit.
* A packet of crisps.

# Packed lunches should ‘Never’ include:

* Any confectionery such as chocolate bars and sweets.
* Any extremely sugary soft drinks, such as a fizzy drink (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).

# 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.

# Monitoring and Support

* Where there may be concerns over a child’s food and nutrition intake and /or concerns with the content of the packed lunch, this will be dealt with by school staff in a timely and sensitive manner.

# Sharing the policy

* The school will ensure that all parents/carers and children are aware of the policy by sharing information via letters, website, school brochure and during assemblies.
* The school will use opportunities such as parents’ evenings and healthy living topic in science, Roots and Shoots project and DT to promote this policy as part of a whole school approach to healthier eating.
* The policy will be shared with all school staff and appropriate professionals.

# Policy Review

* This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.