



Primary Packed Lunch Policy

Rationale

What children eat at school is important and school lunches have to meet strict standards to provide a third of a child's nutrient requirements. Research from the Food Standards Agency and School Food Trust has shown that the majority of lunchboxes are high in fat, sugar and salt. An audit of packed lunches at Eastbury reinforced these findings, with almost 30 % containing foods which were high in fat, sugar and salt and over 70% with no fruit or vegetables.

Aims

This policy has been drawn up in consultation with parents, pupils and staff with the following aims:

- To improve the nutritional quality of packed lunches and other foods taken into schools.
- To ensure that all packed lunches brought from home provide children with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to children's health by encouraging healthy eating habits.

What Should Be in a Packed Lunch?

Packed lunches should be based on the Eat Well plate and should include the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy foods such as milk, cheese, yoghurt, fromage frais.
- Water, 100% pure fruit, milk, yoghurt drinks or smoothies.

To keep packed lunches in line with the food based standards for school meals, packed lunches should not include:

- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, cakes and jelly.
- Processed meat products such as chicken nuggets, fish fingers, sausage rolls and pies.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which contain high levels of caffeine and other additives and are not suitable for children.

Assessment, evaluation and reviewing

- Packed lunches will be regularly reviewed by staff.
- Healthy lunches will be celebrated in the lunch hall, through praise, stickers and certificates.
- Items which go against this policy will be removed by staff and given back to parents at the end of the day.
- If a packed lunch is wholly inappropriate, then staff will provide the child with a school lunch.
- If a child regularly brings in a packed lunch that does not conform to the policy, the school will contact the parents to discuss this.

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.

Policy updated by L. Goldie, September 2018.