



# St John & St James' Packed Lunch Policy

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MORE TOGETHER



**Policy Approved and Adopted by School Committee: July 2019**

**Policy Due for Review: July 2022**

**The following information applies to packed lunches consumed both on and off of the school premises.**

### **Overall Aim of the Policy**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

### **School Setting**

At our school we recognise that particular dietary, cultural and religious requirements with respect to the provision of food may play a very important part in the lives of our pupils. The school will endeavour to make our pupils comfortable and welcome in an inclusive environment. The school shall make all reasonable adjustments to understand and provide food that is compliant with the particular needs of our pupils.

### **How and why the policy was formulated:**

- A lunchbox was conducted by the school and it was found that there was a high percentage of unhealthy products found in Key Stage 2 lunchboxes.
- To make a positive contribution to children's health and our Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which adhere to national standards set by the government.

### **Where, when and to whom the policy applies**

To all pupils and parents providing packed lunches to be consumed within school, on school trips or during after school clubs.

### **Food and Drink in Packed Lunches: What the Policy States**

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water or milk are readily available at all times.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.



**Packed Lunches Should Include**

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- a whole meal starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- only water, still or sparkling, semi-skimmed or skimmed milk.

**Packed Lunches Should Not Include**

- any nuts including Nutella sandwiches.
- snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat).
- confectionery such as chocolate bars, chocolate-coated biscuits, cakes and sweets.
- meat products such as sausage rolls, individual pies, salami, corned meat and sausages / chipolatas.
- juices drinks such as Capri-Sun, Fruit Shoot or Tropicana. Despite these juices being 1 of your 5-a-day, they contain a lot of sugars not needed for a child's diet.

**Special Diets and Allergies**

The school recognises that some pupils may require special diets that do not allow for the standards above to be met fully. In this case, parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Please ensure that nut products are not included in your child's packed lunch. This helps to minimize the risk of anaphylactic shock as we may have children in school with allergies to nuts. For more information on allergies, please visit [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk).

For these reasons pupils are not permitted to swap food items during lunchtimes.

**Parents are discouraged from including the following items. However, suitable alternatives are indicated in the right column**

Item	As an alternative please include
<p><b>Snacks such as crisps, sweets, chocolate bars, chocolate-coated biscuits and cakes.</b></p>	<p>Instead, include seeds, vegetables and fruit. Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice, e.g. cheese spread and crackers.</p>
<p><b>Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas.</b></p>	<p>Choose non-processed alternatives such as chicken drumsticks, pasta salad or mixed salad.</p>



Juice drinks such as Capri-Sun,  
Fruit Shoot or Tropicana.

Water stored in a reusable plastic/metal bottle. Water is also provided by the school.

**Chocolate bars and sweets are not allowed to be taken to or consumed at school for packed lunch or snacks.**

#### **Assessment, Evaluation and Reviewing**

Packed lunches will be regularly reviewed by teaching staff, catering staff or midday meal supervisors. Healthy lunches will be rewarded with stickers.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in their packed lunches informing them of the Policy. Any food items included that do not adhere to the policy will be kept in the lunchbox and sent home that day. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

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

#### **Involvement of parents/carers**

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents and the School Nutrition Action Group / Packed Lunch group informed as per the methods detailed below under "Dissemination of the Policy".

#### **Dissemination of the Policy**

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will be available on the school's website and will be incorporated into the school prospectus and assemblies etc.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

#### **Healthy Lunch Recommendations**



Packed lunch idea 1 –

- Tuna and Bean Salad – kidney beans, tinned tuna, cucumber and tomato
- Cucumber and pepper sticks
- Brown bread and low fat cream cheese
- Satsuma
- Milk



Packed lunch idea 2 –

- Chicken Salad Wholemeal Wrap
- Peach and Strawberry Fruit Salad
- Plain Popcorn
- Water



Packed lunch idea 3 –

- Tuna and Sweetcorn sandwich on brown bread
- Carrot and pepper sticks
- Raspberries and Blueberries
- Milk



**Healthy Lunch Box Checklist**

Does your lunch box include...

- ♥ **A good portion of starchy carbohydrate?** e.g. bread, rice, pasta, cous cous, bagel, quinoa, pitta bread (choose wholegrain for a healthier choice)
- ♥ **A portion of lean meat, fish or meat alternative?** E.g. chicken, beans, tuna, ham.
- ♥ **A portion of dairy?** E.g. a natural yoghurt, yoghurt drink, homemade fruit milkshake, slice of cheese.
- ♥ **Plenty of fruits and vegetables?** E.g. cucumber, carrot and pepper sticks, mini fruit salad, fruit in yoghurt.
- ♥ **Only water.** No fruit juice or juice drinks are to be put in lunch boxes.

**Useful resources for Healthy Packed Lunches**

<b><u>Resource</u></b>	<b><u>Website Link</u></b>
BBC Good Food Healthy Packed Lunch Ideas	<a href="https://www.bbcgoodfood.com/recipes/collection/healthy-packed-lunch">https://www.bbcgoodfood.com/recipes/collection/healthy-packed-lunch</a>
Change for Life recipes	<a href="https://www.nhs.uk/change4life/recipes">https://www.nhs.uk/change4life/recipes</a>
Caroline Walker Trust Packed Lunch Guidelines and Ideas	<a href="https://cwt.org.uk/wp-content/uploads/2015/02/CHEW-5-11-PACKEDLUNCHES.pdf">https://cwt.org.uk/wp-content/uploads/2015/02/CHEW-5-11-PACKEDLUNCHES.pdf</a>

St John & St James' C of E Primary School  
Packed Lunch Policy



**Signed:**

**Dated:**

**10.07.2019**

**Review date:**

**July 2022**