

# St Paul's Church of England Primary School



## Healthy Eating and Packed Lunch Box Policy

Date adopted:	1.1.2022	Last reviewed:	1.1.2026
Review cycle:	Every 2 years	Is this policy statutory?	No
Approval:	SLT	Author:	Juliette Dean
Local approval*:		Local author*:	
Next review Date	1.1.2028		

\* only for policy/procedures that are templates and require local adaptation.

### Revision record

Minor revisions should be recorded here when the policy is amended in light of changes to legislation or to correct errors. Significant changes or at the point of review should be recorded below and approved at the level indicated above.

Revision No.	Date	Revised by	Approved date	Comments

## Healthy Eating and Packed Lunch Box Policy

### Introduction

At St. Paul's, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. The Healthy Eating and Packed Lunch Box Policy has been developed by drawing on key government guidance associated with healthy eating and the school day. Government strategy outlines the expectation on all schools:

*To promote a culture of healthy eating the government now expects all schools, in consultation with parents, pupils and staff, to adopt whole school food policies. In particular, schools will be expected to develop healthy packed lunch policies so that those not yet taking up school lunches are also eating healthier.*

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips. This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

### Aims

This policy has been drawn up with the following aims:

- To make a positive contribution to children's health by encouraging healthy eating habits in childhood that can influence health and wellbeing in later life
- To ensure the contents of lunchboxes reflect the requirements of schools to meet minimum food and nutrition standards for school meals
- To give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch
- To ensure all children have a healthy and nutritious midday meal that sustains and prepares them for their afternoon learning

### Food contained in a packed lunch

Parents/carers of pupils who do not have school meals are expected to provide their children with packed lunches that are consistent with the nutritional standards based on the EatWell plate model and the School Food Trust Guidelines.

### The recommended contents of a healthy lunch box are:

- **Fruit and vegetables;** at least two portions of fruit or vegetables every day (a portion is the amount your child can fit into the palm of their hand). This could be fresh, dried or tinned fruit
- **Carbohydrate;** a starchy food every day such as bread, pasta, rice, couscous, noodles, potatoes, chapatis/roti, plain crackers, breadsticks, rice cakes, baked or puffed crisps
- **Protein;** meat, egg or other source of non-dairy protein such as lentils, kidney beans, chickpeas, hummus, dhal, falafel
- **Oily fish;** tinned or fresh mackerel, sardines, salmon or tuna should be included at least once every three weeks
- **Dairy;** every day such as milk, cheese, yoghurt, fromage-frais, custard or calcium fortified soya products
- **A bottle of water;** it is recognised that the concentration and behaviour of children improve when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage children to bring in water bottles daily. This is in addition to their packed lunch drink

- **Dessert/Pudding; such** as a small cake, biscuit, cereal bar, fruit loaf/bun OR scotch pancake as part of a balanced meal. Please look carefully at packaging as many items that may look healthy can have high levels of sugar and fat. Look for those with 100 calories or less per portion and only include one-a-day for lunch.

#### **Packed lunches should not include:**

- Sweets/confectionery/chewing gum
- Fizzy or sugary drinks
- No more than two portions of food each week that includes pastry
- Items containing nuts are not allowed in school – including peanut butter and Nutella – because of the life threatening risk to any other child who may have a severe allergy

#### **For a healthier snack:**

- Replace cakes and pastries with fruit bread or teacake
- Replace salted savoury snacks, such as crisps, with breadsticks, rice cakes, cheese & crackers or popcorn (not sweet or toffee)
- Include dried fruit or fruit salad

#### **Special Diets and allergies**

The school recognizes that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to inform the school and make their child's lunchbox as healthy as possible. For this reason, pupils are not permitted to swap food items.

#### **Provision for Packed Lunches**

- School will provide dining room facilities where pupils can eat their lunches
- School will ensure that fresh drinking water is readily available at all times

#### **Packed lunch containers**

We ask that parents/carers and pupils:

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period;
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles

Fridge space for packed lunches is not available so it is advisable to bring packed lunches in insulated bags with an ice pack to keep food fresh.

#### **Waste & 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.

#### **Other issues**

- Sweets or chocolate for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion. **Any foods containing nuts should still not be sent into school on these occasions.**
- Very occasionally, the children may organise a cake sale for charity and purchase cakes to raise money for a good cause.

- Very occasionally, the children may bring in food for parties such as Christmas, when the restrictions of this policy do not apply. **Any foods containing nuts should still not be sent in to school on these occasions.**
- The use of sweets as rewards has been replaced with stickers, praise, visits to other classes or the head teacher to celebrate their work and phone calls home to parents.

### **Monitoring**

To promote healthy eating, staff will regularly monitor the content of packed lunches.