

SALTFORD PRIMARY SCHOOL



Packed Lunch Guidelines

Rational

These guidelines aim to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

The guidelines apply to all packed lunches consumed within school, on school visits and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

Development of the Guidelines

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell plate 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) provide regulations for healthy school meals and packed lunches and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (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 you consider basing your packed lunches are based on the School Food Trust's food based standards for packed lunches (appendix 1) and should 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 or dhal)
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon, tuna
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- **Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- **Drinks;** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt and milk drinks.
NO FIZZY DRINKS
- **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:-

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

These items should be included in packed lunches no more than once per week.

Packed lunches should not include any of the following:-

- Fizzy/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
- Chocolate spread as sandwich filling
- Peanuts and seed and peanut products

Special diets and allergies

- We ask that parents/carers be aware of nut and seed allergies. The school recognises that some pupils 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 these reasons pupils are also not permitted to swap food items. As some children in school have nut and seed allergies we ask parents to refrain from including seeds, peanuts or peanut butter in lunches.

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. We recommend parents/carers 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.

Facilities for packed lunches

We will:-

- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring

- To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils 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 will be advised on the changes that need to be made.

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 if required. We offer a range of ways to support parents/carers e.g. regular information on newsletters, special meetings and workshops.

Guidelines Review

These guidelines 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

Appendix 1 - The Eatwell Plate



