



## Packed Lunch Policy

### Aim

Elmstead Wood Primary School is part of Healthy Schools London (HSL) which recognises good practice in supporting children and young people to achieve and maintain good health and wellbeing. As part of this commitment, we wish to make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

### Why do we need a policy?

The government has placed a duty on schools to ensure that every child is healthy and has invested in improved school meals, free fruit for schools and The Children's Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help:

- make a positive contribution to children's health and healthy schools status
- encourage a happier and calmer population of children and young people
- promote consistency between packed lunches and food provided by schools which must adhere to national school food standards.

Please visit <http://www.childrensfoodtrust.org.uk/schools/the-standards> for more information.

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of "complex carbohydrates" such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Please visit <http://www.childrensfoodtrust.org.uk> for more information.

### Who does it apply to and when and where?

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours from August 2019

### The policy

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below (see Appendix 1).
- Children must only eat their own food and not share with other children due to risk of allergies and specific diets.

### Guidance

Suggestions for food to **INCLUDE** in a healthy packed lunch

- At least one portion of fruit or vegetables every day.

- Meat, fish, egg or other source of non-dairy protein (e.g. lentils, beans, soya, Quorn, falafel or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as sardines, pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, drinking yoghurt, milk drinks or smoothies.
- Fruit, crackers and cheese, and vegetable or bread sticks with a dip.
- You may include hot food in a vacuum flask.
- If you do include a small treat, it should be less than 100 calories.

Suggestions for food to **NOT TO INCLUDE** in a healthy packed lunch

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- **Nut or nut products including Nutella** (although they can be very healthy) because of the danger to other children with allergies.
- Sugar-sweetened drinks as these are mostly very unhealthy and contribute to tooth decay
- Any foods which have been fried in oil
- Salted snacks such as crisps
- Highly processed foods such as sausage rolls, salami and cocktail sausages

### Special diets

The school also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. **The school must be notified in writing of any medical conditions, special diets or allergies with medical information to support this if necessary.**

### Assessment, evaluation and reviewing:

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards. Pupils/parents who are not following the guidance will be given a polite verbal reminder, followed by a written reminder of school policy. Pupils' on special diets following verified medical advice will be given due consideration.

### Publication of the policy:

The school will write to all new and existing parents/carers of both schools to inform them of the policy via the school newsletter. The policy will be available on the school's website. The school will use opportunities such as parents' evenings to promote this policy as part of a whole school approach to healthier eating. All school staff, including teachers and midday Play Workers, will be informed of this policy and will support its implementation in a consistent manner.

	Name	Date
Approved	Rachel Haig	July 2019



**Fruit and**

**Meat and Alternatives**

Include at least one portion of fruit and one portion of vegetables or salad every day.



**Vegetables**

Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus and



falafel.



**Oily Fish** Include oily fish such as salmon at least once every three weeks.

A starchy food such as any type of bread or



pasta, rice, couscous, noodles, potatoes or other cereals should be included every day.



**Starchy Food**



**Milk and Dairy Food** Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.



**Drinking Water** Free, fresh drinking water should be available at all times.

Including only water, still or sparkling, fruit



**Healthier Drinks**

**lunches:**



**Snacks**

**Avoid including these foods in packed**

juice, semi-skimmed milk, yoghurt or milk drinks and smoothies.

Snacks such as crisps should not be included. Instead fruit, vegetables or dairy food are also a good choice. include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with

Version1.1

Confectionery such as chocolate bars and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these as part of a balanced meal.

## **Confectionery**

Meat products such as sausages rolls, individual pies, corned meat and sausages/chipolatas should only be included occasionally.

## **Meat Products**

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