

## **Baden Powell Packed Lunch Policy – Draft**

### **Policy rational**

This policy is part of our whole school food policy, and aims 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 policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

### **Development of the policy**

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 (attached).

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) provides regulations for healthy school meals and packed lunches (see appendix 2), 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.

### **Guidelines for school packed lunches**

Children will be provided with water by the school – and so no drinks at all are allowed.

- ✓ One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- X Sweet fillings in sandwiches are not acceptable.
- ✓ 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
- X A starchy food, such as bread or pasta, rice, couscous, noodles,
- X Snacks such as crisps should not be included. Instead, include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- X Confectionery such as chocolate bars, chocolate-coated biscuits, cakes and sweets should **not** be included.
- ✓ Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should **not** be included.

**Please note due to the current allergies in the school the following items cannot be brought in – Kiwi, pineapples, nuts (including nutella, seeds)**

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 allergies we ask parents to refrain from including 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. All packed lunches need to be labelled clearly with child's name and year group.
- 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.

### **Staff**

- To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

### **Facilities for packed lunches**

We will:-

- Provide appropriate facilities to store packed lunches
- 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. Any sweets or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit and alternative drink.

### **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. 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.