

Packed Lunch Policy

Name of School: Bramham Shadwell Federation

Policy approved and adapted: December 2018

Due for review: December 2020

1. Aim

- To improve the nutritional quality of packed lunches and other foods brought into school.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for life healthy eating habits.
- To promote consistency between the nutritional value of packed lunches and food provided by school

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy promotes a whole school approach to food and healthy eating.

2. The Policy

- The school will work with pupils to provide attractive dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the healthy food standards.
- The school will ensure that fresh drinking water is readily available at all times.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food deteriorating.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption

3. Food contained in a packed lunch

Packed lunches should be based on the Eat Well plate model and should include the following every day:

Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.

Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.

A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.

Dairy foods such as milk, cheese, yoghurt, fromage frais

Drinks - the school provides water but healthier drinks, such as, 100% pure fruit juice, semi-skimmed or skimmed milk can be brought in.

Oily fish, such as salmon, should be included at least once every three weeks.

To keep packed lunches in line with the food standards for school meals, packed lunches should not include:

High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat / salt packet savoury snacks such as crisps.

Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.

Chocolate spread, honey, jam or marmalade as a sandwich filling.

Fizzy / sugary drinks or fruit flavoured squash.

This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives that are not suitable for children.

Occasionally, the following may be included:

Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content. Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

Special diets and allergies **{Be aware of nut allergies. Visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools. It is not advised that a school adopts a nut free policy.}**

The school also recognises that some pupils may require 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. For these reasons pupils are not permitted to swap food items.

4. Health and safety

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

5. Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school. Assessment, evaluation and reviewing:

6. Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching and lunch time staff, alongside midday meal supervisors and Food Ambassadors. Healthy lunches will be rewarded and acknowledged by stickers and certificates in assembly.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the policy and healthy food ideas. 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. Items will not be confiscated; however they will remain in packed lunch boxes and can then be eaten at home. Pupils with special diet or food allergies will be given due consideration.

Dissemination of the policy

- The school will write to all new and existing parents / carers to inform them of the policy.
- The policy will be available on the school's website and will be incorporated into the school prospectus.
- The school will use opportunities such as parent's evenings to promote this policy as part of the whole school approach to healthier eating.
- All school staff, including teaching and catering staff as well as the school nurse will be informed of this policy and will support its implementation.