



Packed Lunch Policy

Name of School: Bramham Shadwell Federation

Policy approved and adapted: February 2022

Due for review: October 2022

Aims

- 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 positive eating habits in childhood, setting a trend for life-long healthy eating behaviour.
- 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.

Implementation

- The school will work with pupils to provide safe dining room arrangements.
- The school will work with parents to ensure that packed lunches accord with healthy food standards.
- The school will encourage pupils to bring a water bottle to school every day; these can be re-filled as necessary. Cups will be provided if water bottles are forgotten.
- 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.
- 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

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 encourages water but healthy drinks, such as semi-skimmed or skimmed milk may be brought in.

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

Keeping a Balance

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

High fat, high salt or high sugar snacks such as crisps.

Confectionery such as chocolate bars, chocolate-coated biscuits, sweets or 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. Plain cakes and biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

Friday Treat

A treat may be included in a packed lunch every Friday. This could be a biscuit, cake or small packet of crisps.

Special diets and allergies

The school asks staff and parents to be aware of nut allergies; please ensure that packed lunches do not contain nuts or food products that contain traces of nuts.

The school also recognises that some pupils may require special diets that do not allow for this policy's standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. Pupils are not permitted to swap food items.

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.

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.

Monitoring

The content of packed lunches will be monitored by teaching and lunch time staff. Pupils will be praised for eating a healthy lunch and rewarded with stickers, just like pupils who have a school lunch.

Parents and pupils who do not adhere to the Packed Lunch Policy may receive a note reminding them of the policy and suggesting 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. Pupils with special diet or food allergies will be given due consideration.

Dissemination of the policy

- The policy will be available on the school's website for parents and carers.
- The school will use a range of opportunities to promote this policy as part of the whole school approach to healthier eating.
- All school staff, including teaching and catering staff will be informed of this policy and are asked to support its implementation.