



**THE RACKHAM**  
**C OF E PRIMARY SCHOOL**

# Packed Lunch Policy

**Policy Number:** SCH 018

**Date:** September 2023

The Rackham C of E Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment.

## Aims

To promote packed lunches that provide children with healthy and nutritious food similar to food served in schools, now regulated by national standards.

Extended aims of the policy are:

- To make a positive contribution to children's health and Healthy Schools Status.
- To encourage a happy and calm population of children.
- To promote consistency between packed lunches and food provided by schools - which must meet national standards set by the government.

Please visit [www.schoolfoodtrust.org.uk/nutrientstandards](http://www.schoolfoodtrust.org.uk/nutrientstandards) for more information.

The School Nutrition Action Group, including parents and children, contributed to this policy. Other parents and School council were asked for their views and the policy adapted accordingly.

## National guidance

The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools.

Useful websites also include the Children's Food Trust, [www.nhs.uk Livewell Child](http://www.nhs.uk/Livewell/Child) Health and Change4life sites.

Nutritional research suggests that a cooked lunch is healthier for children and we would like children to take up this option whenever possible. Only around [one in a hundred packed lunches in England meet children's nutritional needs](#). A balanced diet is about eating lots of different foods to get the nutrients you need, and it's hard to get that variety into lunchboxes (but much easier to do in a hot school meal).

Some exciting ideas for tasty packed lunches can be found:

<http://www.childrensfoodtrust.org.uk/lets-get-cooking-at-home/hundreds-of-recipes/> These include: Spicy Traffic light rice, mango chicken pittas, chicken and potato salad, tortilla, easy Greek salad, banana and raisin flapjacks, peach and raspberry cake, and blueberry muffins.

Healthy ideas from parents and children include: Pasta salad, Filled wraps, vegetable sticks, cherry tomatoes.

## Food and drink in packed lunches

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times. The school will work with the pupils to provide attractive and appropriate dining room arrangements. The school will work with parents to promote packed lunches that take account of the standards listed below.

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible in warmer months.

Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

It is recommended that a healthy packed lunch could include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- It is recommended that fillings in sandwiches should be savoury rather than sweet.
- Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

Packed lunches may occasionally include:

- Snacks such as crisps etc. But as a healthier alternative include seeds, 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.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.
- Chocolate-coated biscuits (School desserts use only cocoa).

Packed lunches should not include:

- confectionery such as sweets and chocolate bars,
- fizzy drinks,
- peanut butter or nut products such as chocolate spread.

## Special diets and allergies

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 also not permitted to swap food items.

### **Promotion of healthy lunches**

If a child regularly brings a packed lunch that contains items that are not allowed (sweets, chocolate, nut products) then the school will contact the parents.

During healthy education weeks, children will be encouraged to consider lunchbox options.

Please note: pupils with special diets will be given due consideration.

### **Sharing 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 and healthy living weeks to promote this policy as part of a whole school approach to healthier eating.

This policy will be reviewed and agreed in line with Government guidelines by the Governing Body.

### **Approved and signed by:**


#### **Headteacher**



**Signed:**

**Date:** 7<sup>th</sup> September 2023

#### **Chair of Governing body**



**Signed:**

**Date:** 7<sup>th</sup> September 2023