



HEALTHY PACKED LUNCH POLICY

Aim of this policy

We aim for all packed lunches brought from home and consumed in school (or on school trips) will provide children with healthy and nutritious food.

National Guidance and Rationale

This policy was drawn up using a range of national documents, including the Children's Food Trust, 'Healthy Weight, Healthy Lives', NHS 'Change4life'.

Schools are required to positively promote the health and well-being of its pupils and work around healthy eating is a high priority. We wish to encourage healthy eating habits from an early age. This policy fits within a wider context of promoting a whole school approach to keeping healthy.

School lunchtimes

The school will provide tables for children to eat their packed lunch at during the lunchtime period and will have fresh drinking water available at all times.

As fridge space is not available, parents are advised to bring packed lunches in insulated bags with ice blocks/pouches where needed.

What should be included in a packed lunch

Fruit and vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least one portion of fruit and one portion of vegetables/salad e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

Bread, rice, potatoes, pasta, noodles

These starchy foods are a healthy source of energy.

Meat, fish, eggs, beans

These foods provide protein for growth.

Milk and dairy foods

These foods provide calcium for healthy bones and teeth.

Drinks

Any drinks provided in lunch boxes **should only** include either plain water or milk, preferably in a reusable container.

What can occasionally be included in a packed lunch

Meat products such as sausage rolls, pies.

Cakes and biscuits.

What should not be included in a packed lunch

- Salty snacks such as crisps.
- Confectionery such as chocolate bars, chocolate coated biscuits, processed fruit bars and sweets.
- Sugary soft drinks such as squash and any fizzy drinks (even if labelled as 'sugar-free', 'no added sugar' or 'reduced sugar') as these drinks can contribute to tooth decay and provide little nutritional value.

Monitoring and evaluation

When lunchtime staff have concerns over the content of a packed lunch, this can be dealt with in a timely and sensitive manner. The success and implementation of the policy will be reported to the Governing Body within the Headteacher's report.