



Beeston Primary School

Healthy Packed Lunch Policy

Date agreed by Governing Body	October 2024
Review date	October 2025
Responsible for this policy	R. McAvoy

Policy Rational

There is an increasing issue with childhood obesity in England and we want to support parents as much as possible to make healthy choices for their children's meals. As part of our Healthy and Happy Living whole school driver, it is important that all members of our school community are healthy both physically and mentally. This aim of this policy is to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch.

We recognise that it can sometimes be confusing to see what some children are allowed to have who eat school lunches compared with packed lunches so I would like to clarify this further. School kitchens have to adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by school kitchens must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week. We can control the sugar, salt and fat content of school lunches in a way that we cannot with packed lunches and would like to work together to ensure that packed lunches also provide a nutritionally balanced meal.

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.

Learning about the importance of a healthy lifestyle is a fundamental part of the Beeston Primary School curriculum. Education around health eating is delivered through regular lessons, assemblies and workshops.

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 (see appendix 1).

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 nutritional standards for school lunches provides regulations for healthy school meals and packed lunches, and 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.

Content of Packed Lunches Foods to include:-

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix 1) and should include the following:

Fruit and Vegetables; at least one portion of fruit and one portion of vegetables. Current healthy eating guidance recommends 5 portions of fruit and vegetables each day.

For health and safety reasons please do not send hot food to school.

Below is a list of food items you may wish to include (this is not an exhaustive list). An example two week menu for packed lunches can be found in appendix 2.

Fruit and Vegetables – children should eat at least 5 portions of fruit and vegetables a day	
Fresh fruit Tinned fruit Dried fruit (e.g. raisins) Vegetable sticks (e.g. carrot and cucumber)	
These items can be eaten every day.	
Sandwiches, wraps, baguette etc. containing things like: egg salad, tuna, sweetcorn, mayonnaise, ham, cheese etc. Crackers and cheese Rice cakes Bread sticks Small pots of sandwich fillers Homemade pizza / pitta bread Piece of quiche Cheese scone	Savouries • Hard-boiled eggs • Low fat / baked crisps • Samosas • Bhajis • Chapattis • Vegetable sticks • Small pots of sandwich fillers • Dips • Pasta salad • Potato salad • Couscous • Noodles • Rice • Coleslaw • Falafel
Try to include one per day	
Yoghurt (not chocolate) Piece of cheese (e.g. Babybel) Fromage Frais (low sugar where possible) Dairy alternatives to cheese and yoghurt	
The items listed below can be high in salt and sugar. Try to limit this to one item a day.	
Pots of rice pudding Pots of low-fat custard Cereal bars (no nuts) Flap jacks Fruit loaf Crisps Cake Muffins Sausage rolls Brioche High sugar processed fruit items (e.g. fruit winders and gummies)	
Please do NOT include:	
Chocolate/ chocolate spread/ chocolate chips Nuts products containing nuts Sweets Fizzy drinks	

Drinks:-

Wherever possible we would ask that children's main drink of the day is water. However, you may also wish to send dilute, sugar-free squash. We do not allow any high-sugar, fizzy or caffeinated drinks.

Break time snacks:-

We recognise that children become hungry throughout the day, especially in the morning. The School Fruit and Vegetable Scheme provides children in Reception and Key Stage 1 with a piece of fruit or vegetable in school each day.

If your child is in Key Stage 2 please ensure that any break time snack you send with your child is fruit or vegetables only.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Nut and products containing nuts

Special diets and allergies

We are a 'Nut Aware' school. We ask that parents/carers be aware of nut allergies. As some children in school have nut allergies we ask parents to refrain from including products containing nuts. For these reasons, pupils are also not permitted to swap food items.

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 and that you inform school in writing of your child's dietary requirements.

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. 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. School collects crisp packets as part of our commitments to recycling.

Any food not eaten in packed lunches is sent home so that parents/carers can monitor how much children are eating.

Facilities for packed lunches

We will:-

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water for all children
- Provide appropriate dining 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.

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.

Monitoring

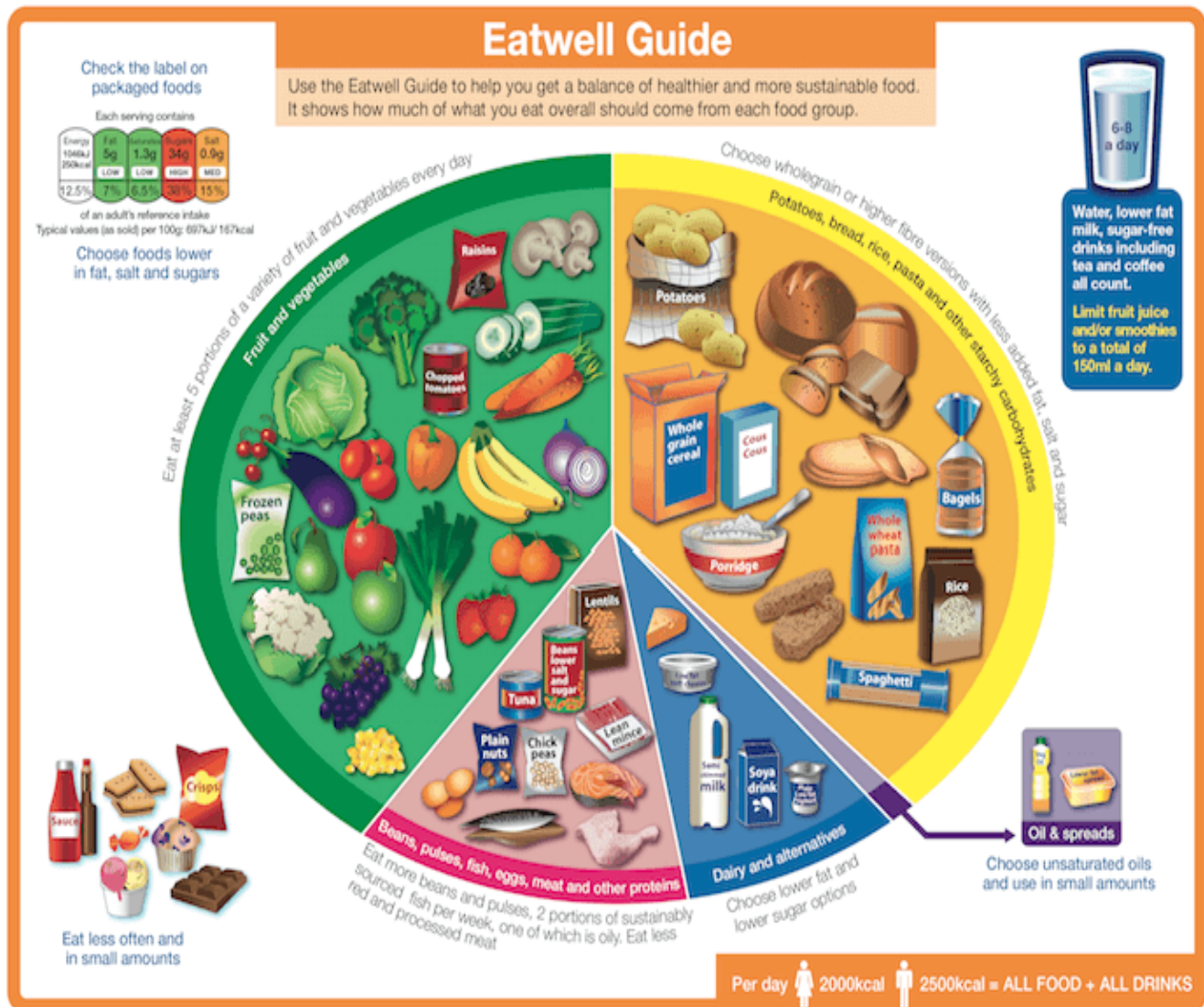
To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any chocolate, sweets, products containing nuts or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit and alternative drink.

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

Appendix 1 – The Eatwell Plate



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Appendix 2 – Two Week Packed Lunch Ideas

Two Week Packed Lunch Ideas

<p>1. Chicken and salad wrap</p>  <p>water</p> 	<p>chopped fruit</p>  <p>homemade popcorn</p> 	<p>2. Tuna and salad pitta</p>  <p>water</p>  <p>plain yoghurt</p>  <p>orange</p> 	<p>3. Hummus salad wrap</p>  <p>water</p>  <p>cherry tomatoes & plain yoghurt</p> 	<p>4. Roast vegetable couscous</p>  <p>water</p>  <p>chickpeas</p>  <p>berries</p>  <p>plain yoghurt</p> 	<p>5. Tuna and sweetcorn pasta salad</p>  <p>water</p>  <p>vegetable sticks</p>  <p>mixed berries</p>  <p>piece of cheese</p> 
<p>6. Jerk chicken, rice and beans</p>  <p>water</p>  <p>cherry tomatoes</p>  <p>baby sweetcorn</p>  <p>mango</p> 	<p>7. Hummus and cucumber bagel</p>  <p>water</p>  <p>carrot sticks</p>  <p>grapes</p>  <p>piece of cheese</p> 	<p>8. Couscous, beans, peas, and carrots</p>  <p>water</p>  <p>plain yoghurt</p>  <p>banana</p> 	<p>9. Leftover Dhal, rice, and tomatoes</p>  <p>water</p>  <p>plain yoghurt</p>  <p>grapes</p>  <p>cucumber sticks</p> 	<p>10. Egg and lettuce sandwich (wholemeal)</p>  <p>water</p>  <p>chopped fruit</p>  <p>cherry tomatoes</p>  <p>piece of cheese</p> 	

Try to include a variety of different food in your child's packed lunch.
Aim for a piece of fruit and some salad or vegetables every day.