



The Federation of North Petherwin and Werrington Schools
Member of the An Daras Multi Academy Trust
Packed Lunch Policy

Article 24 Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

Packed lunch policy National Healthy School Programme (NHSP): In order to achieve National Healthy Schools Status, schools are required to:

- Ensure healthier food and drink options are available and promoted in breakfast clubs, at break and at lunchtimes - as outlined by Food in Schools guidance.
- Monitor pupils menus and food choices to inform policy development and provision Schools that have achieved National Healthy School Status (NHSS) may be monitored as part of a national and local quality assurance process.

Introduction

To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and wellbeing of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

Aim

To encourage parents to provide packed lunches, which reflect the new standards for school meals.

Rationale:

- Schools are required to positively promote the health and well being of its pupils.



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Packed Lunch Policy

- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.
- The long term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Objectives

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes
- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well being in later life.

Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.



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Packed Lunch Policy

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal.
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally.
- To ensure consistency and to keep packed lunches in line with food standards for school meals, where possible packed lunches should not contain the following:
- Fizzy / sugary drinks in cartons, bottles or cans; Chocolate-coated products / sweets / confectionery; Chocolate spread as a filling for sandwiches; Chewing gum;
- Sugared / toffee and salted popcorn;
- Crisps or any packet savoury snacks high in salt and fat; Salted nuts or products containing nuts.

The school recognises that some pupils may have verified medical conditions requiring 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. To assist us in ensuring the safety of all children in school at lunchtime, packed lunches **MUST not include** nuts - including peanut butter and Nutella **because of the life threatening risk** to any other child who may have a severe allergy and can suffer anaphylaxis as a result of contact with such products.

Please refer to Allergy Aware and Nut-free Policy

Visit the www.allergyinschools.co.uk website for more information on allergies in schools.

What the school will provide:

An appropriate area where pupils, who choose to bring packed lunches can eat and where possible they will be able to sit with those having school dinners.

A storage area/facilities for packed lunch bags, in the most convenient and appropriate 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.



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Packed Lunch Policy

Drinking water for pupils who request it.

Packed Lunch Containers

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.

Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Assessment, evaluation and reviewing:

- The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with timely and sensitively
- OfSTED are required to report on how the school promotes the personal development and wellbeing of all pupils - this may include food provision including packed lunches brought into school

Publication of the policy:

- The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. 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 consultation meetings to promote this policy as part of a whole school approach to healthier eating.
- All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Promotion of Healthy Packed Lunches

There will be on-going promotion of the need to provide healthy packed lunches through: Pupil, parent / carers newsletters



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School prospectus / brochure

Whole School / Packed Lunch Policy / healthy eating activities

Curriculum content Parent's consultations School website Reward schemes

Workshops for parents

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.

Endorsement

The School Governing Body, Pupils, Parent / Carer Representative and Staff endorse this policy for implementation.