



# Sacred Heart Catholic Voluntary Academy

## PACKED LUNCH POLICY

### 1. Introduction

At Sacred Heart, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. This packed lunch policy is supported by what is taught in our curriculum where healthy eating is discussed and promoted in a number of subjects. We believe that a healthy packed lunch can contribute to the health of children and young people, and needs to be consistent with the nutritional standards provided by school meals.

The policy demonstrates how to get the balance right by showing the proportion of each of the five food groups that should be eaten each day. 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. The government 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 should not be included in a packed lunch.

### 2. Aims

This policy has been drawn up in consultation with parents, pupils and staff with the following aims:

- To improve the nutritional quality of packed lunches and other foods taken into schools
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools
- To give clear guidance to parents/carers, pupils, governors, and staff on providing a healthy packed lunch
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood, setting a trend for lifelong changes

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 fits within a wider context of promoting a whole school approach to food and healthy eating.

### 3. The policy

- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents/children to ensure that packed lunches abide by the standards listed below.
- The school will promote a healthy lifestyle across the curriculum, and staff will be expected to comply with the policy when bringing in packed lunches and eating with these with pupils.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- 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.
- Parents will follow the advice given in this policy.
- The school will support parents by holding healthy eating workshops and providing ideas for healthy packed lunches.

### 4. Food contained in a packed lunch

Packed lunches should aim to include all of the following every day:

**Fruit and Vegetables** - at least one portion of fruit and one portion of vegetables or salad.

**A non-dairy source of protein** - meat, fish, egg, beans or pulses, such as lentils, kidney beans, chickpeas, hummus or falafel.

A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other types of cereals.

Dairy foods such as milk, cheese, yoghurt or fromage frais.

Drinks - the school provides water at all times. A healthy drink, such as water, 100% pure fruit juice, yoghurt or milk drinks and smoothies should be included in your child's packed lunch.

**As part of the packed lunch policy, children's packed lunches should always include:**

- ✓ A starchy food, such as bread, potato, rice, pasta, or yam
- ✓ At least one item of fruit, vegetable or salad
- ✓ A balance of foods from different food groups

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

- ✗ Confectionery such as sweets and chewing gum
- ✗ Fizzy or sugary drinks
- ✗ Fruit flavoured squash drinks such as Ribena, Fruit Shoot or Capri Sun,
- ✗ Diet or energy drinks which contain high levels of caffeine and other additives, and are not suitable for children
- ✗ Fast food such as hamburgers or chips

## Occasionally the following may be included:

- Snacks such as crisps
- Meat products such as sausage rolls, individual pies, corned meat and sausages - these foods have a very high fat and salt content
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal

## For a healthier snack:

- ✓ Replace cakes and pastries with fruit bread or teacake
- ✓ Replace salted savoury snacks, such as crisps, with popcorn (not sweet or toffee), breadsticks, rice cakes or cheese and crackers
- ✓ Include dried fruit or fruit salad
- ✓ Drink water, milk, 100% juice, sparkling water, fruit smoothie, or a yoghurt or milk drink

\*Please include one treat each day to add to the balanced packed lunch

**Children who eat school dinners will be asked to choose a vegetable or salad item as part of their lunch.**

## Special diets and allergies

Some pupils within the school suffer from food allergies. Sacred Heart has a **no nuts** policy as some children have an extreme allergic reaction to nuts. Please **DO NOT GIVE** your child food that contains nuts.

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.

If you prefer a school dinner, please make an appointment to meet with the school chef before ordering a school lunch.

## 5. 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 areas/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.

## **6. Assessment, evaluation and reviewing:**

Packed lunches will be regularly reviewed by teaching staff, LSAs, midday meal supervisors. Parents and pupils who do not adhere to the packed lunch policy will receive a leaflet in the packed lunch informing them of the policy or may be invited to attend a packed lunch workshop. If a packed lunch is not sufficiently healthy, the school may provide your child with an additional food item e.g fruit and the school will contact the parents to discuss this.

If food items are confiscated, they will be returned to the child at the end of the day with a note to the parent/carer.

Pupils with special diet or food allergies will be given due consideration.

## **7. Dissemination of the policy**

The school will write to all new and existing parents/carers to inform them of 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 parents' evenings and special workshops 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 will support its implementation.

## **8. 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 will offer a range of ways to support parents/carers including regular information on newsletters, and information to be displayed on the school website.

## **9. 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.

Governors Review/Implementation: 5 March 2018

Governor Review: January 2019