

St Richard's Church of England Primary Packed Lunch Policy

Healthy Packed Lunches:

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards.

Why do we need a policy?

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn quicker and behave better.

Guidance:

Packed lunches may include:

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- A bottle of water
- Fruit juice
- A biscuit not coated in chocolate
- Snacks such as seeds, savoury crackers, breadsticks etc.
- Crisps (baked or other low fat options if possible) are only permitted on Wednesday's.

Suggestions for food NOT TO INCLUDE in a healthy packed lunch (these are all foods we have already asked children not to bring to school).

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.
- Any foods which have been fried in oil.

All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in and around the school for additional access to drinking water

Implementing the Policy

The school aims to:

Use lunchtime staff to monitor and review packed lunches as part of their supervision of the children. Items that are not considered as healthy will be given to the class teacher for discussion with the parents or handed back at the end of the school day. If this happens parents will be telephoned and asked if they wish to provide a replacement or offered something from the school kitchen.

Discuss with parents and carers when food from home is regularly not eaten by their child.

Encourage parents who have concerns about their child's packed lunch or their child being a 'fussy eater' to contact the school to discuss how to provide a healthy lunch despite these obstacles.

Inform parents and carers and pupils of the policy via letter, the school newsletter and the school website, including ideas for a healthy lunch box.

Use all opportunities to promote the policy as part of the whole school approach to healthy eating.

Ensure that all school staff including teaching, catering, lunchtime and the school nurse are informed of the policy and support its implementation.

Train staff to support the implementation of the policy.

Contact the parents/carers of pupils who are not following the guidance to discuss and find a way forward, followed by a written reminder of the school policy. Following this, we will ask the parents/carers to come in for a meeting with the Head Teacher or Governors.

