

Packed Lunch Policy

Signed on behalf of the Governing Body

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Review Date; Spring 2023

Next Review Date; Spring 2026

Produced by;



Latest Version Date;

Links to other policies

This policy is directly linked to our school Food Policy

Notes

Written in consultation with staff and parents December 2019 and reviewed with staff in March 2023

Philosophy

We believe that a healthy, well balanced lunch makes a positive contribution to children's health and encourages happier and more focused children. We aim to ensure that all packed lunches brought from home and consumed in school or on school visits provide children with healthy and nutritious food that is similar in quality to food prepared and served in our school, which is required to meet national standards.

Aims

As a school we:

- will provide an appropriate dining space for children eating packed lunches and ensure that free, fresh drinking water is available at all times
- will share information with parents to encourage packed lunches that meet the standards outlined in this policy
- enable children eating packed lunches and school lunches to dine together

Guidance

The following are school recommendations based on government guidance. As a school, we accept that it is the responsibility and right of parents to ensure a balanced diet for their child over the course of the day.

A balanced packed lunch would have a mixture of the following:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish or other sources of protein (e.g. lentils, beans, chickpeas, hummus) every day
- a starchy food such as any type of bread, bread sticks, potatoes or other type of carbohydrates every day
- a dairy food such as cheese, yoghurt, fromage frais or custard everyday
- a drink of water, fruit juice, semi-skimmed milk, skimmed milk, yoghurt or another milk drink

Occasional items which should only be eaten as part of a balanced meal:

- cakes and plain biscuits could be included a few times a week
- processed meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas not to be included more than once a week

Packed lunches at our school should not include:

- salty snacks such as salted crisps
- snack sized confectionery such as chocolate bars and chocolate-coated biscuits
- sweets
- fizzy drinks even if labelled as 'sugar free' as these can contribute to tooth decay

Special diets, allergies and additional needs

As a school we recognise that some children 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. School are happy to offer help and support to parents relating to children's eating habits and can also access support from the Healthy Child Team with parental consent. For these reasons, children are not permitted to swap food items. It may also be necessary, where a child or member of staff has a severe allergy that products containing certain allergens may not be permitted on school premises, including in packed lunch boxes. Parents would be notified of this in writing. Because of the severity and likelihood though of nut allergies, we are a nut aware school at all times and no items containing nuts may be brought into our school.

Time allocated for eating lunch

Children in Nursery have 45 minutes for their lunch break with a balance of time for eating and some quiet time. Children in Reception, Year One and Year Two have an hour lunch break, with a balance of time for eating and time for playing. Children have up to 40 minutes to eat their lunch. Children are encouraged to eat a reasonable sized portion and balanced amount of their packed lunch before leaving their table. Children are asked to finish their cup of water before leaving their table.

Assessment, evaluation and reviewing

We will continue to work with children on a regular basis promoting healthy eating and a balanced diet. Stickers are used to encourage children to eat all of their lunch and to try new foods. School will monitor children who are not eating their lunch and parents are encouraged to discuss this with staff.

Where packed lunches aren't in line with this packed lunch policy, leaflets (attached at the end of this policy) will be included in the packed lunch box going home. If a child regularly brings a packed lunch to school which is not in line with this policy then the school will contact parents to discuss this.

Dissemination of the policy

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter and a copy will be given or sent to parents of all packed lunch children.

The policy will be available and will be incorporated into induction meetings with parents, assemblies etc. All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

Why do we need a healthy packed lunch?

Print
me and stick
me on your
fridge

A healthy packed lunch will give children the **energy** and **nutrition** they need to get the most from their school day – helping them to **stay healthy, feel good** and **be ready and able to learn**. Just like school meals, packed lunches should be made up of foods from the main food groups in the [Eatwell Guide](#) and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

What should I include in my healthy packed lunch?

Please try to include **ONE** of each of the following in your lunch each day:



STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or couscous
- ✓ pasta
- ✓ noodles
- ✓ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Gives you energy for the day ahead!



DAIRY FOOD (or non-dairy alternative)

- ✓ cheese – hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low fat, low sugar options where possible

Good for healthy bones and teeth!



FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

How much? A portion is one child-sized handful.



VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

Helps your body to grow and develop

DRINKS – plain tap water is the best option, especially for teeth. Please send your child to school with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!



Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.





What about snacks for break time?

The best options for breaktime snacks are:

Portion of fresh fruit (no dried fruit as snacks please as the sugar can stick in teeth).

Vegetable sticks.

Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn.

Please check your school's policy on snacks here:

www.nameofschoolinhere.ed.uk

5 top tips for your packed lunch

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
- Children love to dip – cut up pitta bread or use veg sticks to have with a pot of yoghurt dip e.g. tzatziki.
- Use pastry cutters to cut funny-shaped sandwiches.
- Protect your fruit by putting it in a small plastic container e.g. apple/banana guard.



Get more vegetables in your lunches!

[Click here](#) for some GREAT ideas for upping the veg (and fibre!) content of your lunchboxes.

School dinners are best!

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. **Every** infant child (aged 5-7) is entitled to a **FREE** school lunch.



Also, **FREE school meals** for all age groups are provided to families who receive qualifying incomes such as income support and universal credit.

Ask your school office how to order yours. More information is available from **your school's website** or the **North Yorkshire County Council website** www.northyorks.gov.uk/school-meals www.northyorks.gov.uk/free-school-meals

Here are some websites with more information to help your family to stay healthy, happy and well:

healthyschoolsnorthyorks.org/healthy-food

nhs.uk/live-well/healthy-weight/childrens-weight

And some information on saving money, local food banks, financial support and eating well on a budget:

healthyschoolsnorthyorks.org/costsavings

What should I NOT bring to school?

Please do **NOT** include the following items:

- ✗ Sweets and chocolate bars – these foods are high in sugar and calories, low in goodness, and are harmful for teeth.
- ✗ Squash or fizzy drinks – water is best for teeth.
- ✗ Other items e.g. nuts, sesame, fish – please check your school's allergy policy.



Thank you!

Be safe!

- Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half (lengthways if oblong).
- Be aware of allergies – please check your school's allergies guidance.



Leaflet developed by Public Health, North Yorkshire County Council and the North Yorkshire Healthy Schools Programme.

In line with our school packed lunch policy we ask that your child's packed lunch meets the following guidelines. This leaflet has been included in your child's packed lunch box as their packed lunch does not currently meet these guidelines

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- a dairy food such as cheese, yoghurt, fromage frais or custard everyday
- a drink of water, fruit juice, semi-skimmed milk, skimmed milk, yoghurt or another milk drink

Items which should only be included occasionally:

- cakes and plain biscuits could be included a few times a week
- processed meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas not to be included more than once a week

Packed lunches at our school should not include:

- salty snacks such as crisps
- snack sized confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- fizzy drinks

These are school recommendations based on government guidance. As a school we accept that it is the responsibility and right of parents to ensure a balanced diet for their child over the course of the day. If your child needs alternative arrangements for their packed lunch, for whatever reason, please arrange an appointment to speak to our head teacher about this.

Below is an example of a packed lunch planner, which could provide some ideas for suitable packed lunch content and amount;

