

ALEC REED PRIMARY SCHOOL'S PACKED LUNCH POLICY

1. Introduction

In December 2017, 131 pupils at Alec Reed Primary School completed an online survey to find out about their eating habits. The survey found that only 22% of packed lunches included any salad or vegetables, 30% of lunches included cake or chocolate and 63% of packed lunches included crisps.

In December 2017, we also invited all parents to complete a packed lunch questionnaire and the results found that 93% of parents said they had no concern with the school introducing a Packed Lunch Policy. We also asked pupils their opinion on a Packed Lunch Policy in an online survey and 86% said they were in favour of a healthy packed lunch policy (that includes a treat day on Friday).

Unanimously, school council and pupils said they support the school introducing a packed lunch policy. Staff, the headteacher and the school meal supervisors were also consulted and they were also supportive of our policy.

Based on the results on our food survey and consultation process, we want to support more pupils to have a healthy balanced lunch through the introduction of a packed lunch policy.

2. Aim

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

- To improve the nutritional quality of packed lunches
- To ensure that all packed lunches brought from home provide the child with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.
- To contribute to the self-evaluation for review by Ofsted

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 promotes a whole school approach to food and healthy eating.

3. The policy

- The school will work with parents to ensure that packed lunches abide by the standards.

- 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

Food contained in a packed lunch

Packed lunches should be based on the Eat Well plate model and **should** include the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy foods such as milk, cheese, yoghurt, fromage frais
- Water or reduced fat milk
- Oily fish, such as salmon, should be included at least once every three weeks.

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

- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat / salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks, fruit juice and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children. We have a water-only drinks policy/

One of the following may be included **on Friday**:

- Meat products (such as sausage rolls, individual pies, corned meat and sausages / chipolatas), crisps, cakes and biscuits. Fizzy drinks are not allowed on any day.

Special diets and allergies

As a school, we adopt a nut free policy.

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.

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 provides lunch trolleys for packed lunch bags, in the most convenient 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.

Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by midday meal supervisors.
- Healthy lunches that include salad/vegetables and fruit and none of the 'Friday only Foods' will be rewarded with a token. The year group with the most tokens at the end of every half term will receive a fantastic reward such as an afternoon of outdoor games. School meal pupils will also receive a token if they have fruit and salad or vegetables from the salad bar.

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 induction pack.
- The school will use opportunities such as parents' evenings to promote this policy as part of the whole school approach to healthier eating.
- All school staff, including teaching and catering staff as well as the school nurse will be informed of this policy and will support its implementation.

8. 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.

Signed:

Date:

Policy review date: January 2019