

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 head teacher 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 development of a packed lunch policy. As a healthy school, we have continued to develop this policy further to reflect national standards and to include the 'healthy eating token' system.

2. Aim

- 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 in quality to food served in school, which is required to meet national standards.
- To make a positive contribution to children's health by encouraging healthy eating habits. The packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.
- 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
- We request that no items containing nuts are consumed during lunch times due to allergies.

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.
- Water to be consumed as main drink.

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, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Fizzy / sugary drinks, this includes diet drinks, and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children. **We strongly recommend children consuming water.**

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 or drinks with high sugar content 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 (Including the healthy schools token system):

- Packed lunches will be regularly reviewed by midday meal supervisors.
- Healthy lunches that include at least one portion of salad/vegetables and/or 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 consume fruit, salad or vegetables with their meal.

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: Mrs K White

Date: 1st September 2020

Policy review date: 1st September 2021