



## Shotton Hall Primary School

Working together to

**SHINE**

**Successful, Happy, Inspired and Nurtured towards  
Excellence**



### Packed Lunch Policy

Reviewed and Amended: June 2024

Ratified by the governing body June 24

Next Review: September 2025

Signed: *J Bowmaker* HT

*T Watson* COG

To be read in conjunction with the FOOD policy

#### Introduction:

To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

#### Aim:

To ensure that packed lunches (brought in from home) reflect the standards for school meals introduced in January 2015. As part of the School Food Plan, a new set of [standards](http://www.schoolfoodplan.com/standards/) for all food served in schools was launched by the Department for Education. They are mandatory in Shotton Hall Primary School from January 2015. <http://www.schoolfoodplan.com/standards/>

#### Rationale:

- Schools are required to positively promote the health and well being of its pupils. Work around healthy eating is a high priority of the Every Child Matters agenda.
- The content of lunchboxes needs to reflect the requirement of schools to meet the food based standards for school meals.
- The contents of lunchboxes in some schools can be extremely unhealthy, recent audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.
- We want to encourage healthy eating habits from an early age and improve the overall nutrition of pupils
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

#### Objectives:

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes
- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well being in later life.

- To ensure that food brought into school (packed lunches) reflects and meets the food standards in England

### Implementation

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

- Children's packed lunches should be based on the 'Eatwell Plate' model which shows items the 5 main food groups
- Hot foods  
Pupils are not allowed to bring hot foods into school for a packed lunch

### The content of Packed Lunches

Recent reports (<http://www.healthylunch.org.uk/research>) have shown that the food typically eaten in lunchboxes provides too much fat, saturated fat, sugar and salt - and not enough fruits and vegetables and essential nutrients. The packed lunch represents approximately a third of the child's daily food intake and therefore it is important that it offers a meal which ensures that all the nutrients needed are provided.

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- **Snacks such as crisps should not be included.** Instead, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- **Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included.** Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally
- We are a NUT FREE SCHOOL so nuts must NOT be included in packed lunches, as we have children in school with a diagnosed nut allergy.

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles.
  - These foods are good for children to fill up on.
  - A good source of protein, iron and zinc such as meat, fish, beans or eggs.
  - A good source of calcium such as milk, cheese, yoghurt or fromage frais.
  - And one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be a fresh vegetables such as carrot stick, salad or a vegetable soup or vegetable dish.
- No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.

### What about snacks such as crisps, cakes, pastries and sweets?

These foods should only be given occasionally. Children will then appreciate them more. If these foods are included in packed lunches they might eat these first and not have the appetite to eat the other foods that will provide them with the important nutrients they need to grow and develop, be healthy and active.

**At Shotton Hall Primary School children will not be allowed to bring chocolate bars, sweets, fizzy drinks, soups, hot drinks/food, thermos flasks, glass containers. We ask that crisps are only given twice each week. A small cake or biscuit may be given daily.**

### **Waste and Disposal**

The school will (within reason) send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

### **Promotion of Healthy Packed Lunches**

There will be ongoing promotion of the need to provide healthy packed lunches through:

- Pupil, parent / carers newsletters
- School prospectus / brochure
- Whole School / Packed Lunch Policy
- Healthy eating activities
- Curriculum content
- Parent consultations
- Discussion through School council
- School website
- Professional development for school staff
- Workshops for parents
- School involvement in National Healthy Schools Programme

### **Packed Lunch Containers**

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 area / 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.

### **Dining Facilities for Pupils Bringing Packed Lunch**

The school provides an appropriate area where pupils who chose to bring packed lunches can eat. Pupils will eat with their friends who may be taking hot meals- they are not segregated.

### **Monitoring and Evaluation**

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food/nutrition intake and / or content of packed lunches, this can be dealt with timely and sensitively.

Packed lunch boxes will be monitored by the headteacher. If a child is found to have excessive amounts of inappropriate foods it will be removed and returned at the end of the day and parents will be contacted. We appreciate that some older pupils may make up their own boxes.

During OFSTED Inspectors will look for evidence of a culture or ethos of exercise and healthy eating throughout their entire inspection visit, in classrooms as well as in the school canteen. They will look at the food on offer including packed lunches, and visit the canteen to see the atmosphere and culture in the dining space and the effect this has on pupils' behaviour. Inspectors will also speak to school leaders about how they help to ensure a healthy lifestyle for pupils.

The Local Authority will work with the school to review packed lunch provision and will provide advice and support to members of the school community.

## National Healthy School Programme (NHSP):

In order to achieve National Healthy Schools Status, schools are required to:

- “ensure healthier food and drink options are available and promoted in breakfast clubs, at break and at lunchtimes – as outlined by Food in Schools guidance”
- “monitors pupils’ menus and food choices to inform policy development and provision”

Schools that have achieved National Healthy School Status (NHSS) may be monitored as part of a national and local quality assurance process. This monitoring could include healthy eating provision.

## Legislation

- Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the Education Act 1996, as amended
- Section 114A of the School Standards and Framework Act 1998
- 2014 No. 1603 Education, England The requirements for School Food Regulations 2014

## 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.