



The Alton School - Packed Lunch Policy

Policy Rationale

This policy is part of our whole school food policy, and aims to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

The policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

Development of the Policy

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day. School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches, and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g. crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

Content of Packed Lunches

Foods to include: -

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches and should include some of the following each day:

Fruit and Vegetables; at least one portion of fruit and one portion of vegetables

Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)

Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna

Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.

Dairy; food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.

Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. NO FIZZY DRINKS

Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

Foods to avoid or limit: -

Cakes, biscuits and croissants

Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

Packed lunches should not include any of the following: -

Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)

Confectionary such as chocolate bars and sweets, chocolate biscuits

Chocolate spread as sandwich filling

Peanuts and peanut products

Crisps

Chocolate croissants

Special diets and allergies

As some children in school have nut allergies we ask parents not to include peanuts or peanut butter in lunches.

Packed Lunch Containers

We ask that parents/carers and pupils: -

Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.

Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Facilities for packed lunches

We will: -

Provide appropriate facilities to store packed lunches

Provide free, fresh drinking water

Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring To promote healthy eating

we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any sweets or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit and alternative drink.

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required.

The School Food Trust Standards for Packed Lunches

For a balanced packed lunch select these healthier food and drinks



Fruit and Vegetables

Include at least one portion of fruit and one portion of vegetables or salad every day.



Meat and Alternatives

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 and falafel.



Oily Fish

Include oily fish, such as salmon, at least once every three weeks.



Starchy Food

A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals should be included everyday



Milk and Dairy Food

Include a dairy food such as semi-skimmed milk, cheese, yoghurt, fromage frais or custard everyday



Drinking Water

Fresh drinking water should be available at all times



Healthier Drinks

Include only water, still fruit juice, semi- skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Avoid including these foods in packed lunches



Snacks

Snacks such as crisps should not be included. Instead include nuts/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.



Biscuits, Cake and Chocolate

Chocolate bars, chocolate biscuits and sweets should not be included. One plain cake or biscuit is allowed but encourage your child to eat these only as part of a balanced meal.



Meat Products

Meat products such as sausage rolls, individual pies, corned meat and sausages should be included only occasionally.

Healthy Packed Lunches

