

HITHERFIELD PRIMARY SCHOOL AND CHILDREN'S CENTRE



PACKED LUNCH POLICY

Our Vision Statement

'Our vision is to create a school community where everyone feels valued, has the opportunity to explore and develop their strengths and is able to participate in new experiences. We aim to become an inspirational school to produce good citizens for the future in an atmosphere that promotes confidence, high academic achievement, physical health and emotional well being.'

Document Control

Change Record

Date	Author	Version	Change Reference
10/12/13	AW & CAJ	Draft	No Previous Document
June 2014	JW	Amended	Healthy Packed Lunch Policy

Distribution

Reviewers	Approvers	Distribution
	Full Governing Body	All staff
Summer 2014	Full Governing Body	All staff

By implementing this policy, we aim to:

- contribute to pupils' health and well-being; allowing them to feel fabulous and more energetic, be able concentrate and behave well at school and to sleep well at the end of the day.
- share a 'good health' message so that pupils, parents/carers can make informed, healthy life choices.
- to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food allowing them to fully participate in an active school life.

It will therefore:

- make a positive contribution to children's health and growth
- encourage a happy and calm school

This policy was formulated:

- to make a positive contribution to children's health
- as part of the school's commitment to being a Healthy School
- as part of the school's ethos of educating pupils to make responsible life choices.

National guidance

The policy was drawn up in conjunction with a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools Toolkit (Department of Health) and Food Policy in Schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

This policy applies to:

- all pupils and parents/carers providing packed lunches to be consumed within school or on school trips during school hours.
- all staff and governors eating a packed lunch in the presence of pupils.

Food and drink in packed lunches

The school will provide space for storing packed lunches and ensure that free, fresh drinking water is readily available at all times. The school will work with parents to ensure that children are eating a healthy, well balanced meal at lunchtime.

As fridge space is not available in school, pupils are advised to bring their packed lunch in insulated bags to ensure that it remains fresh and tasty until lunch time. Freeze blocks can be included if desired.

All staff supervising pupils eating packed lunches are aware of food hygiene procedures and will encourage the children to approach their food in a hygienic manner. They will also encourage a well mannered, social eating environment.

We provide children with access to antiseptic hand gel to ensure that their hands are clean before eating.

Staff will provide advice for parents and pupils who would like to know more about following our Healthy Lunch Policy.

Packed lunches can include:

- a sandwich with a healthy savoury filling or equivalent main meal (eg. pasta, noodles, rice, cous cous, potato, soup, falafel, curry etc.)
- a portion of fresh or dried fruit without added sugar (eg. apple, mango, grapes, raisins) **AND** a portion of vegetables (eg. carrot sticks, mini tomatoes, cucumber, celery etc.)
- yoghurt, fromage frais, cheese or similar dairy item or other non-dairy protein item (eg. tofu, seeds, salami).
- water
- **ONE TREAT ITEM** - choose from a small cake OR a biscuit OR a cereal bar OR a small packet of crisps or snacks. (Please be aware that **these items often have high fat, sugar and salt levels**)

Please DO NOT INCLUDE:

- chocolate, chocolate covered biscuits or chocolate spread
- jam
- sweets
- fizzy drinks such as cola, Lucozade, and lemonade
- fruit drinks (eg. Ribena, Fruit Shoots), flavoured water, 'sports' drinks, squash or cordials;

as these items contain very high levels of sugar.

Implementing the policy

The policy will be implemented from September 2014 following an awareness raising process. From September we will be:

- helping children to recognise how a healthy diet has a good effect on their daily lives through Science, P.E and PSHCE activities.
- promoting healthy eating.
- asking children and their parents/carers to sign up to Healthy Eating Contracts to make sure that their packed lunches are balanced and healthy.

Special diets and allergies

The school recognises that some pupils may require special diets for medical reasons. In this case parents are asked to be responsible and ensure that packed lunches contain healthy alternatives to those outlined above.

Hitherfield Primary School is **allergy aware** and will liaise with parents/carers to ensure the health and safety of a child with severe food allergies. **As part of this awareness we do not allow the children to share their food with others.** Please discourage your child from doing so.

Parents/carers must highlight any issues connected with their child's diet on the child's school application form. These issues will be passed on to the Inclusion team by the administration staff in the school office. Should your child develop an allergy or intolerance to a particular food, you must inform the school office as soon as possible.

Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by break/lunchtime supervisors and reports given to the Senior Leadership Team.
- Healthy lunches will, on occasion, be rewarded by stickers or tokens.

PACKED LUNCH HEALTHY EATING CONTRACT

Name of pupil: _____ **Date:** ___/___/20__

- I confirm I have received a copy of the School's Healthy Packed Lunch Policy.
- I understand that I must provide a healthy packed lunch for my child in line with the guidance set out in the policy. Useful packed lunch recipe ideas can also be found on www.schoolfoodtrust.org.uk
- I understand that I am able to ask for advice on providing a healthy packed lunch from Hitherfield staff.
- I understand that it is my responsibility to alert the school about food intolerances or allergies.

Below are some ideas for a balanced packed lunch

	Fruit & Vegetables	Include at least one portion of fruit and at least one portion of vegetables or salad in their daily packed lunch.	✓
	Meat & Alternatives	Include meat, fish or another source of non-dairy protein every day. Non-dairy sources include soy products, chickpeas, beans, hummus, nut butters and falafel.	✓
	Oily Fish	Include oily fish such as salmon, trout, sardines, Jack fish or fresh tuna regularly.	✓
	Starchy Food	Include a starchy food such as bread, pasta, rice, couscous, noodles, potatoes or dumplings.	✓
	Milk & Dairy Food	Choose a dairy item such as cheese, yogurt or fromage frais. (Watch out for the sugar levels in these products though.)	✓
	Healthier Drinks	Free, fresh drinking water will be available at all times as this is the healthiest drink for your child. However, you could also add an extra bottle of water to your child's packed lunch as well.	✓

Tips on introducing your child to healthier foods

If you're finding it difficult to introduce healthier food into your child's daily diet, you may find these ideas useful. More information can be found at www.schoolfoodtrust.org.uk.

These have been sent in from parents themselves, so may be successful for you!

- Encourage kids to help with preparing the family meal, according to age. When they are cutting the vegetables, let them know where they come from and how they grow.
- To prevent unhealthy snacking, leave out a bowl of healthy snacks within easy reach.
- Experiment with healthy food; frozen banana or melon chunks make a tasty alternative to ice cream or lollies and help children to see that healthy food does not have to be boring.
- Make sure that one meal a day is taken as a family and eat healthily so that younger children have a good example presented to them.
- Make cooking and baking fun – get your child involved and you'll be raising their general knowledge of basic ingredients and cooking skills.
- Try mashing vegetables with potatoes for younger children or allowing older children to arrange their fruit to make their plate look pretty as long as they eat it afterwards!
- Your children might enjoy playing guessing games revolving around food. For example, what has more Vitamin C, an Orange or an Apple? What has more calories, an ice lolly or an ice cream?
- Introduce new foods gently...little by little. Let children know that it takes a lot of little 'tries' (about 17!) before a new food 'tastes nice' (especially if the food does not contain much sugar).
- Involve your children in food shopping so they can see what you are buying and help you to choose the fruit and vegetables.
- Take care about the messages children are getting when they watch T.V. Talk to them about the foods and drinks they see advertised. Help them to decide which are **really** good for them!