

# PACKED LUNCH POLICY

Related Documents:

National Documents:

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## Food Policy for Packed Lunches (brought in from home)

### *Article 24 - The rights of the child*

Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious Food and a clean environment so that children can stay healthy. richer countries must help poorer countries achieve this.

This policy guidance has been developed to promote the health and well-being of young people and the provision of catering services in our school.

Additional guidance and advice on providing healthy packed lunches is available from a number of sources including the School Food Trust [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

The Healthy Eating in Schools (Wales) Measure 2009 requires all local authorities and maintained schools in Wales to promote healthy eating and drinking. The Measure requires governors to take action to promote healthy eating and drinking, to include information on how this is being done in their annual report; and to have regard to any guidance produced by the Welsh Government.

To promote a culture of healthy eating the government now expects all schools - in consultation with parents, pupils and staff to adopt whole school food policies. In particular, schools will be expected to develop healthy packed lunch policies, so that those not yet taking up school lunches are also eating healthier

Caerleon School has developed this guidance document to support the school in its journey towards this goal.

## Healthy Schools

### 1 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.

## 2 Aim

To ensure that packed lunches (brought in from home) reflect the new standards for school meals.

## 3 Rationale:

- \* Schools are required to positively promote the health and well being of its pupils. Work around healthy eating is a high priority.
- \* The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition 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.
- \* To maintain healthy eating habits developed 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.

## 4 Objectives

- \* To improve the nutritional quality of packed lunches in schools and the eating habits of students 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 food standards for School Food.

## 5 Implementation

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

Students packed lunches should include items from the 5 main food groups;

### 5.1 Starchy foods

Bread, Rice, Potatoes, Pasta these foods are a healthy source of energy. Packed lunches should include 2 or more portions e.g. pasta, salad, or sandwiches.

### 5.2 Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

### 5.3 Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.

### 5.4 Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich or a mixed bean salad.

### 5.5 Drinks

Any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

### 5.6 Restricted items

Please support your school by not including these items in a packed lunch: Foods and drinks high in fat and or sugar.

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools.

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches should not contain the following:

Fizzy / sugary drinks in cartons, bottles or cans

Chocolate-coated products / sweets / confectionary /Chocolate spread as a filling for sandwiches

Chewing gum Sugared / toffee and salted popcorn

Crisps or any packet savoury snacks high in salt and fat Salted nuts

Energy drinks

## 6 Waste and Disposal

We would encourage parents to use reusable containers and bottle where possible and to encourage recycling of packaging in line with the school environment policy.

## 7 Promotion of Healthy Packed Lunches

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

Pupil, parent/ carers newsletters provided by the schools catering company

The whole School Packed Lunch Policy

Health weeks / healthy eating activities

Curriculum content

Discussion through School Nutrition Action Group (SNAG)

School website

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## 8 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.

## 9 Dining Facilities for Pupils Bringing Packed Lunch

The school will provide an appropriate area where pupils who choose to bring packed lunches can eat.

ESTYN are required to report on how the school promotes the personal development and wellbeing of all pupils - this may include food provision including packed lunches brought into school. 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.

## 10 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 appetite for Life"

\*monitor pupils' menus and food choices to inform policy development and provision

## 11 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.

## 12 Endorsement

The School Governing Body, Pupils, Parent / Carer Representative and Staff endorse this policy for implementation.

## 13 Further information and helpful Apps.

[www.nhs.uk/healthier-lunchboxes](http://www.nhs.uk/healthier-lunchboxes)

[www.bbcgoodfood.com/guide](http://www.bbcgoodfood.com/guide)

[www.healthylunch.org.uk](http://www.healthylunch.org.uk)

## Appendix 1 – School Guide to Healthier Pack Lunches



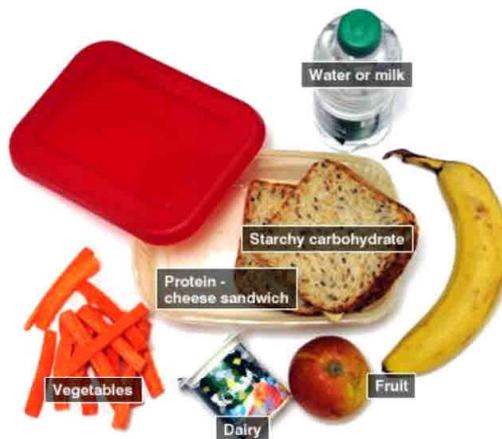
### School guide to healthier pack lunches

Eating well is important. Children need to eat well as it will give them energy and nutrients to develop and grow, to be active and healthy.

## What's in a healthy lunch box?

### "Healthy"

A healthy packed lunch should include



### "Unhealthy"

A packed lunch should avoid



Source: Food Standards Agency

## Practical tips for a healthy lunchbox

- Try to vary the contents of the lunchbox, that way insuring your child is getting the variety of nutrients their body needs
- Involve your child in preparing their lunchbox They are more likely to enjoy food they have made themselves
- Wash your hands, wash fruit and vegetables before use Keep lunchbox in the fridge over night for freshness
- For variety use pitta strips crackers bread sticks or fruit and vegetable finger foods with dips
- Always try to add a little salad to a sandwich or put a side salad separate in a tub
- Try using leftover rice pasta potatoes from the night before, mixed with vegetables or beans

### For more information

