



Oughterside Foundation School

Policy for Packed Lunches (brought in from home)

Introduction

As 'The quality school that cares', it is important to us to ensure that all our pupils lead healthy lifestyles. To grow and stay healthy, children need to eat a nutritionally well balanced diet. Schools 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 government standards for school meals.

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 should reflect the requirement of schools to meet the food based standards for school meals.
- The contents of some lunchboxes can be extremely unhealthy if they contain foods with high levels of fat, sugar and salt, and very little fruit and vegetables.

- We encourage healthy eating habits from an early age and seek to improve the overall nutrition of our 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 school 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 and drinking.
- To encourage healthy eating and drinking habits in childhood that can influence health and well being in later life.
- To ensure that food brought into school (including packed lunches) reflects and meets the government's food standards.

Implementation

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating as part of Oughterside Foundation School's Healthy Schools Food and Drinks Policy

- Children's packed lunches should be based on the 'Eatwell Plate' model which shows items the 5 main food groups; (Food Standards Agency).

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

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, or more.

Dairy foods

These foods provide calcium for healthy bones and teeth. Ideally, one portion should be included in a packed lunch.

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Ideally, packed lunches should include one portion of these foods.

Foods and drinks high in fat and / or sugar

It is important for all of us, and particularly children, 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, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools. Parents are asked to support our school by not including these items in a packed lunch.

Drinks – The only drink permitted in packed lunches is plain tap water or still mineral water.

To ensure consistency and to keep packed lunches in line with food standards for school meals, parents will be informed that packed lunches **should not** contain the following:

- Chocolate-coated products
- Chocolate spread as a filling for sandwiches
- Sweets
- Chewing gum
- Sugared / toffee and salted popcorn
- Crisps or any packet savoury snacks high in salt and fat
- Salted nuts

Waste and Disposal

Children will take any uneaten packed lunch food items home. One reason for this is so that parents can check what their child has eaten during the day.

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
- School Packed Lunch Policy
- Health weeks / healthy eating activities
- Curriculum content
- Parents evenings / parent consultations
- Discussion through School Nutrition Action Group (SNAG)
- School website
- Reward schemes
- Professional development for school staff
- Workshops for parents
- Parents' guide to healthy packed lunches

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 provides lockers for packed lunches, in the area outside classrooms. 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 meets the legal requirement to provide an appropriate area where pupils who bring packed lunches can eat. Pupils currently eat their lunch in the dining room alongside children taking school meals.

Monitoring and Evaluation

The school will carry out monitoring of packed lunch provision and if there are concerns over a child's food/nutrition intake and / or content of packed lunches, parents will be contacted.

OfSTED 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 schools to review packed lunch provision and will provide advice and support to members of the school community.

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”
- “monitor 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.

Policy Review

This policy will be reviewed as part of the school 's agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

Endorsement

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

Signed..... Headteacher

Signed..... Chair of Governors

Signed..... School Council Representative

Ratified by Governing Body on (date) _____
Review date _____