



# South Haringay School

## Packed Lunch Policy

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**Member of staff responsible: Ian Scotchbrook**

**Date to be reviewed: Summer 2023**

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### **Aims**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

### **This policy has been formulated:**

- to promote consistency between packed lunches and food provided by schools which must adhere to national school food standards. Please [click here for Government guidance](#).
- to make a positive contribution to children's health
- to encourage a happier and calmer population of children and young people

### **Introduction**

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.

### **Content of Packed Lunches**

The eatwell plate helps get the balance right. It shows how much of what you eat should come from each food group (see appendix 1).

### **Packed lunches should include:**



- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

### **Packed lunches can occasionally include:**

- Meat products such as sausage rolls, individual pies, corned meat and sausages (once a week)

### **Packed lunches should not include:**

- salty snacks such as crisps - instead include 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, cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value). This includes Capri Sun, Fruit Shoot etc.
- Cakes and biscuits - (These can be a part of a balanced diet when eaten occasionally. Please provide this outside the school day.)
- Nuts or sesame

### **Special diets and allergies**

We ask that parents/carers be aware of nut and sesame allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut and sesame allergies, we ask parents to refrain from including peanuts, peanut butter and sesame in lunches.

### **Packed Lunch Containers**

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored 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.

### **Staff**

To support a whole school approach, staff are encouraged to comply with this policy if bringing in packed lunches and eating these with pupils.

### **Facilities for packed lunches**

We will:-

- Provide appropriate facilities to store packed lunches (non refrigerated)
- Provide fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and 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 items that are not in line with this guidance may be confiscated until the end of the day. These may be substituted, for example, with a piece of fruit/fresh water to 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. We offer a range of ways to support parents/carers e.g. regular information on newsletters, special meetings and workshops.

### **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.



## **Appendix 1 – The Eatwell Plate**

The eatwell plate helps get the balance right. It shows how much of what you eat should come from each food group.



- 1. Starchy food such as bread, potatoes, rice, pasta** – these foods provide carbohydrate to give your child energy for the afternoon.
  - 2. Fruit and vegetables** – these foods provide vitamins and minerals to help protect against illness.
  - 3. Meat, fish, eggs, beans and other non-dairy sources of protein** – these foods provide protein, iron and zinc to help your child grow.
  - 4. Milk and dairy foods** – these foods are a good source of calcium, for strong bones and teeth.
- Foods and drinks high in saturated fat, sugar (and/or salt)** – try to limit these types of food and drink. Too much salt and saturated fat can increase the risk of some illnesses in later life while too much sugar can damage children's teeth