

# Armitage CE Primary School



## Packed Lunch Policy

### Overall Aim of the Policy

The aim of this policy is to ensure that all packed lunches consumed in school or on school trips provide children with healthy and nutritious food. We aim to make a positive contribution to pupils' well-being by encouraging healthy eating habits, which we hope - in the long term - will help to reduce the rate of obesity within our school.

### Development of the Policy

This policy has been produced using a range of national food and drink guidance. We are developing this policy, primarily, to ensure that there is greater consistency between the nutritional value of School Meals and the Packed Lunches that children bring in. It is our hope that this policy will also provide support in finding ways to reduce the amount of fat, sugar and salt found in packed lunches, as well as increasing the presence of fruit and vegetables and starchy food (main provider of energy) within lunchboxes.

### Provision for Children eating Packed Lunch

We aim to provide appropriate dining room arrangements for all pupils, regardless of whether they have a School or Packed Lunch. In order to do this, the following arrangements are in place:

- Individual lockers are provided, to ensure that children's packed lunches are stored appropriately;
- The School Salad Bar is available to all children, including those on packed lunches;
- Jugs of milk and fresh water are available on all tables in the Dinner Hall;
- Children are able to sit with their friends, regardless of whether they have a School or Packed Lunch;
- A clean, quiet and calm environment is promoted within the Dinner Hall at all times.

### Packed Lunch Guidance

As a guide, on a daily basis, the most nutritious Packed Lunches could include:

- At least one portion of **Fruit** and one portion of **Vegetables**. These could include:



- At least one portion of **Protein**. This could include:



- At least one portion of **Starchy** food. This could include:



Bread



Pasta



Rice



Potatoes



Couscous



Noodles

- At least one **Dairy** food. This could include:



Milk



Cheese



Yoghurt



Custard

- A **Drink** with no added sugar:



Water



Milk



Fruit Juice



Yoghurt Drink

- Other foods that could be included, less frequently, as part of a balanced diet:



Breadsticks



Biscuits



Low Fat Crisps



Rice Cakes



Crackers

## **Foods Not to Include in Packed Lunches**

- Crisps which are high in fat (e.g. over 8g of fat) or Share bags of crisps;
- Chocolate bars and sweets;
- Drinks with a high sugar content including any type of energy drink;
- Fast food products including burgers, pizzas, sausages and chips.

## **Special diets and allergies**

There are children with nut allergies within school and all adults are aware of these children. Children can still bring in nut products and enjoy them for their lunch, but care must be taken in relation to other children's allergies. The school is also aware that there are children who require a special diet. In such cases, it is the parents' responsibility to ensure that their child(ren) still brings in a healthy packed lunch.

## **Assessment, evaluation and reviewing**

Packed lunches will be regularly reviewed by Lunchtime Organisers and Lunch Time Leaders. It is the responsibility of the class LO to ensure that children on packed lunches are following this policy.

Healthy Lunches will be rewarded with extra counters, which contribute towards extra break at dinnertime. There will also be a competition to see who has the best packed lunch of the day, to

ensure that children have some responsibility for what's going into their packed lunch. This will also be rewarded with extra counters.

Children and Parents who are finding it difficult to use this policy as guidance will be advised on changes that could be made to improve the nutritional value of their child's lunch.

Any food remaining will be sent home in the lunch box so that parents can visually see what their child is eating. Only packaging is to be disposed of in the bins provided.

### **Sharing the policy**

The school will inform all new and existing parents of this policy. The policy will be available on the school website and will be shared at school events as appropriate. All staff, including teaching and catering staff, will be informed of this policy to ensure that there is a whole school approach to healthy packed lunches.

### **Policy Review**

This policy will be reviewed in July 2018. If any major legislation, documentation or government changes regarding school food are introduced in the interim period, this policy will be amended accordingly.

Signed: H.D. Bettles

Date: 22/11/2017