



St. Philomena's Catholic Primary School

Headteacher: Miss V Maher

Healthy Packed Lunch Policy

September 2022

HEALTHY PACKED LUNCH POLICY

How and why this policy was formulated:

The decision to introduce a packed lunch policy was taken because the contents of some lunch boxes was not healthy and, therefore, the policy was formulated:

- To make a positive contribution to pupil's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which from September 2006 and 2007, must adhere to national standards set by the government.
- To contribute to the Self Evaluation for review by Ofsted

It is a shared document that expresses a common vision of the ethos, status and role of all aspects of food within this learning environment.

The content of the policy will reflect the entitlements of every individual to healthy and nutritious food as set out by the National Curriculum and the government nutritional standards and strive to maintain consistency between the healthy meals eaten by students from the school canteen and those provided by parents for students to consume as packed lunches.

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from September 2014.

The Every Child Matters agenda "Change for Children" emphasised that being healthy is essential if children and young people are to get the best out of life and fulfil their potential. It recognised that to achieve this, health provision for children and young people needed to improve. The St Philomena's whole school food policy document recognises that by improving the provision of healthy food within the school environment, the above aim can be achieved. The whole school (packed lunch) food policy will therefore address inconsistencies between foods available for sale on the school premises and those brought into school by students to be consumed at lunchtime.

Food and Drink in Packed Lunches: what the policy states

- The school will provide facilities for pupils bringing in packed lunches and ensure that free fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining arrangements.
- The school will work with parents to ensure that packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein every day (e.g lentils, kidney beans, chickpeas, hummus and falafel)
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks or smoothies.

Packed lunches should NOT include:

- Crisps, (savoury snacks such as crackers or breadsticks and seeds are a good alternative.) Crisps will only be allowed on Wednesdays and Fridays.
- Chocolate bars, chocolate coated biscuits or cakes and sweets. Plain cakes and biscuits are allowed but should be part of a balanced meal.
- Meat products such as sausage rolls, pies, corned meat and sausages should only be included occasionally.

Special diets and allergies

We recognise that some pupils may require special diets that do not meet the standards exactly, in this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are NOT permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff, catering staff and lunch time supervisors. Healthy lunches will be rewarded with stickers and verbal praise. Parents who do not adhere to the policy will receive a leaflet informing them of the policy and school will contact parents to speak about the matter. Pupils with special diets will be given due consideration.

Involvement of parents/carers:

Parents providing packed lunches for their children must adhere to this policy.

In turn, the school will inform parents of the policy through the school newsletter. The policy will be available on request. All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

..... (Chair of Governors)

..... (Headteacher)

Date