

St Francis CE (Aided) Junior School



Packed Lunch Policy

Our Vision

St. Francis' is a school where Christian Values underpin all interactions between stakeholders. We value all learners and promote inclusivity so all members of our St. Francis' family can be the best they can be (Matthew 3:23-24). Our ethos is one of compassion and responsibility to everyone in the community. Within St. Francis, we encourage all children to show humility and endurance in lifelong learning.

Written: September 2021

Review: September 2024

Approved by: Governing Body/Pupil Outcomes

CONTENTS

Packed Lunch Policy	0
INTRODUCTION	2
AIM	2
RATIONALE	2
OBJECTIVES	3
IMPLEMENTATION	3
Bread, Rice, Potatoes, Pasta	3
Fruit and Vegetables	4
Milk and Dairy Foods	4
Meat, Fish, Eggs, Beans	4
Food and drinks high in fat and/or sugar	4
Drinks	4
SPECIAL DIETS	4
WHAT THE SCHOOL WILL PROVIDE	5
SNAG (SCHOOL NUTRITION ACTION GROUP)	5
REWARDS	5
WASTE AND DISPOSAL	6
PROMOTION OF HEALTHY PACKED LUNCHES	6
MONITORING AND EVALUATION	6
NATIONAL HEALTHY SCHOOL PROGRAMME (NHSP)	7
POLICY REVIEW	7

INTRODUCTION

To grow and stay healthy children need to eat a nutritionally well-balanced diet. At St Francis, we pride ourselves in being an influential setting and contribute significantly to improve the health and well-being of pupils.

Good nutrition in childhood as well as adulthood can help to prevent a variety of health problems, both, short term and later in life. There are increasing concerns that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables in their daily diets.

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 our school ethos and food standards.

RATIONALE

- At St Francis we are required to positively promote the health and well-being of our pupils. Working around healthy eating is a high priority of the 'Every Child Matters' agenda.
- The contents of some lunchboxes can be extremely unhealthy, recent audits of lunchboxes have shown that they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.
- To encourage healthy eating habits 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.

OBJECTIVES

- To improve the nutritional quality of packed lunches and make overall healthier choices at lunchtimes and breaktimes.
- To develop an awareness in pupils, parents, staff and the wider community that we take a pro-active approach to promoting healthy eating.
- To ensure that food brought into school (packed lunches and snacks) reflects and meets food standards for *School Food (2006)*.

IMPLEMENTATION

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

- Children's packed lunches should be based on the 'Eatwell Plate' model which shows items from the 5 main food groups; (*Food Standards Agency 2007*).



Bread, Rice, Potatoes, Pasta

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

- Sandwiches/wraps with protein filling (ham, tuna, cheese)
- Pasta/rice salad
- Homemade quiche
- Crackers

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.**

- Carrot/Cucumber sticks
- Berries
- Melon

Milk and Dairy Foods

These foods provide calcium for healthy bones and teeth. Include **1 portion** at lunch

- Fruit Yoghurt
- Fruit smoothies
- Milk to drink
- Cheese

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods

- Protein sandwich filling – ham, tuna, cheese
- Boiled egg
- Hummus
- Lentils

Food and drinks high in fat and/or sugar

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. **Please support us by not including these items in a packed lunch.**

Drinks

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

SPECIAL DIETS

St Francis recognises that some children may require special diets due to medical conditions. In this case, parents are urged to inform the school and be responsible in ensuring that packed lunches are as healthy as possible.

WHAT THE SCHOOL WILL PROVIDE

Our school will provide areas where pupils who choose to bring packed lunches can eat. Where possible, they will sit amongst those whom eat school lunches.

A storage area for packed lunch bags, in the most convenient and appropriate place possible, will be given.

Please note: The school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

SNAG (SCHOOL NUTRITION ACTION GROUP)

Our School Nutrition Action Group have reviewed and scrutinised Packed Lunches and have decided that they should NOT include:

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

- Fizzy / energy drinks that are high in sugar and preservatives
- Sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Any type of nuts due to allergies
- Hot food – due to health and safety concerns relating to food poisoning and scolding. Hot food should be kept at a temperature of less than 75 degrees in order to prevent the development of any dangerous bacteria.
- Chewing gum or mints

As we are only human and at St Francis our children work very hard on a day-to-day basis. Our School Nutrition Action Group have allowed that children can have ONE treat a day within their lunch box. This may be:

- Mini roll
- Mini bag of biscuits
- Pain-au-chocolate

REWARDS

When noticed by staff, children can receive stickers for 'healthy choices.' This sticker will also gain them house points. This reward happens daily.

Once every half term we present a certificate called the 'Healthy Living' award. Children that are noticed around school to be making healthier choices, to be contributing to more physical activity and have a better understanding towards foods and why certain foods are better for your body may receive this award from their class teachers.

(Additional information is available with ideas and examples of foods that can be included in packed lunches).

School Food Trust www.schoolfoodtrust.org.uk

WASTE AND DISPOSAL

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with us.

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
- Packed Lunch Policy
- Health weeks/healthy eating activities
- Curriculum content
- Parents evenings / parent consultations
- Discussion through School Nutrition Action Group (SNAG)
- School website
- Rewards
- Professional development for school staff

MONITORING AND EVALUATION

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food/nutrition intake and/or content of packed lunches, this can be dealt with timely and sensitively.

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

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 Food in Schools guidance”
- “monitors 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.

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.

Signed.....

(Headteacher or School Representative)

Signed.....

(Governor)

Signed.....

(Pupil Representative)

DP September 2021

Review date September 2024