



Healthy Packed Lunch Policy

Date Ratified by the Governing Body:

Signed by Head Teacher:

Signed by Chair of Governors:

Next Review Date:

Introduction

To grow, stay healthy and concentrate at school, children need to eat a nutritionally well-balanced diet. Eating a range of healthy foods 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 sugar, fat 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.

Aims:

1. To ensure that packed lunches (brought in from home and consumed in school or on school trips) reflect the standards for school meals.
2. To ensure that packed lunches provide children with the energy and fuel to concentrate and flourish at school.
3. To help children develop an understanding of healthy eating.

The policy has been written after consultation of national and local guidance. We have also liaised with our Parents, catering staff and pupils through the School Council.

Rationale

All food provided at school is governed by law, through the School Food Standards. These government standards are intended to help children develop healthy eating habits and ensure they receive the energy and nutrition they need across the day. The standards apply to all food and drinks provided at school such as breakfast clubs, school dinners and afterschool clubs. It is therefore important to have comparable policy guidance for packed lunches brought in from home. Based on the government's School Food Standards, packed lunches brought in from home should follow the policy guidance. By introducing our healthy lunch box policy, this is the school's way of taking responsibility for improving children's health, such as increasing the number of children of a healthy weight and decreasing the number of children with tooth decay. The positive consequences from introducing this policy should also ensure high attendance levels for all pupils, through good health.

Responsibilities

The school, governors, parents and carers have a responsibility to ensure children are provided with an enjoyable, filling and healthy lunch.

Our school will:

- Educate all children on what constitutes a healthy lifestyle and why this is important.
- Provide suitable storage for packed lunch boxes.
- Provide a dining environment that is appropriate, hygienic and attractive with adequate seating and space to eat.
- Provide fresh drinking water at all times.
- Ensure staff supervising pupils eating food from home are aware of school policy and hygiene procedures.

- Regularly communicate with parents/carers and staff the expectations on the school lunch box policy.

Review the policy on a yearly basis through School Council, Parent Forum and Governors

Parents/Carers are asked to:

- Provide a named packed lunch container (with ice packs if they are needed during the warmer months).
- Follow the guidelines of this policy and ensure their child is encouraged to try new foods at home.
- Discuss any specific needs here at school where we can offer guidance and support.
- Ensure that ‘treats’ (crisps, biscuits etc) are only sent into school as a treat and not everyday.

Jump Primary Healthy Lunch Box Policy

Things that are recommended for a healthy lunch box:

- Base a packed lunch around a starchy food – such as a sandwich, pasta, a roll, wrap, pitta or bagel.
- Include at least one portion of vegetables or salad. A child’s portion is between 40-60 grams. For example, cucumber or carrot sticks or 2 ½ cups of salad(remember to aim for 5 portions of fruit and vegetables throughout the day)
- Include at least one portion of fruit. For example, an apple, banana, 10-15 grapes or strawberries or one tablespoon of raisins.
- Include a dairy food such as milk, cheese, yoghurt, or fromage frais
- Include a source of protein such as meat, fish, chicken or non-dairy vegetarian sources such as eggs, beans, lentils or Quorn, products

Helpful tip: a portion is the amount of food that fits into the palm of your child’s hand.

Suitable Drinks:

- Plain water (still)
- Milk
- Pure fruit or vegetable juice – limit to 150ml per day due to sugar content
- No added sugar squash (at least 45% fruit recommended)

At Jump Primary School we would like our pupils to have healthy, balanced lunch boxes so we ask that you avoid:

- Chocolate coated biscuits apart from as a once a week treat: instead swap to sugar free jelly, plain popcorn, malt loaf or fruit cake on other days of the week.
- Items such as cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies as these are high in fats and salts.
- Crisps apart from as an occasional treat: swap crisps for savoury crackers, breadsticks, and seeds on other days on the week.

Packed lunches should not include:

- Fizzy drinks, drinks with added sugar or sweeteners.
- Confectionary (sweets or bars of chocolate) (this is in line with the School Food Standards)
- No nuts, or food that contains nuts (this is to protect children with nut allergies).

We ask that grapes are cut in half lengthways as they can pose a choking hazard if left whole.

Special diets and allergies

The foods and drinks included in the policy guidance will be suitable for most therapeutic diets. However, any pupils following a specific diet devised by a health professional must adhere to it. For these reasons, pupils are also not permitted to swap food items. If any issues arise staff will consult parent/carers or relevant health professionals for advice.

Our catering service is committed to meeting the dietary needs of all children so we would encourage pupils to eat a school meal if the healthy packed lunch policy does not support their needs. Please inform the school of any dietary requirements in writing supported by a letter from the GP where possible.

As some children in school have nut allergies, we would ask that parents refrain from including nuts or peanut butter in lunches. For this reason, children will also be discouraged from swapping items from their lunchboxes.

Fussy eating is common in young children. Sometimes it might be certain types of food; other times it might seem like they hardly want to eat at all. This can feel like a real challenge, but most children given the right conditions and support, will get through it in the end. The school will not force any children to eat, instead we will try to create an environment where the child feels comfortable with what they are eating before encouraging them to try different foods/eat more. Please contact school if you would like to discuss your child's fussy eating.

Communication

We want to work with parents/carers to help educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. We have the best interests of the children at heart. There will be ongoing promotion of the need to provide healthy packed lunches through:

- Pupil, parent/carers newsletters
- School prospectus and website
- Curriculum content
- Health weeks/healthy eating activities
- Parents evenings/parent consultations
- Reward schemes
- Workshops for parents
- School Council Monitoring

At no time will a child be made to feel ashamed of their lunchbox contents. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. Children will not be challenged over lunch boxes containing such items. Instead, children who do observe this guidance will be praised and rewarded. Healthy Eating Award Prizes will include: rubbers, pencils, colouring pens etc. and commendations in assemblies.

Universal Free School Meals

All pupils in Reception, Year 1 and Year 2 are entitled to receive a free school meal. Your child will automatically receive a free school meal, unless you notify us otherwise. Your child, regardless of age will qualify for free school meals if they're in full-time education and you receive one of the following benefits:

- ♣ income support
- ♣ income based job seekers allowance
- ♣ income related employment and support allowance
- ♣ The guaranteed element of state pension credit
- ♣ child tax credit with no working tax credit and have an income as assessed by the Inland Revenue that does not exceed £16,190 (subject to change annually)
- ♣ support under Part 1V of the Immigration and Asylum Act 1999
- ♣ Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you receive).

For more information please see the Government website.

<https://www.gov.uk/apply-free-school-meals>

Appendices and Guidance

Appendix 1- external links:

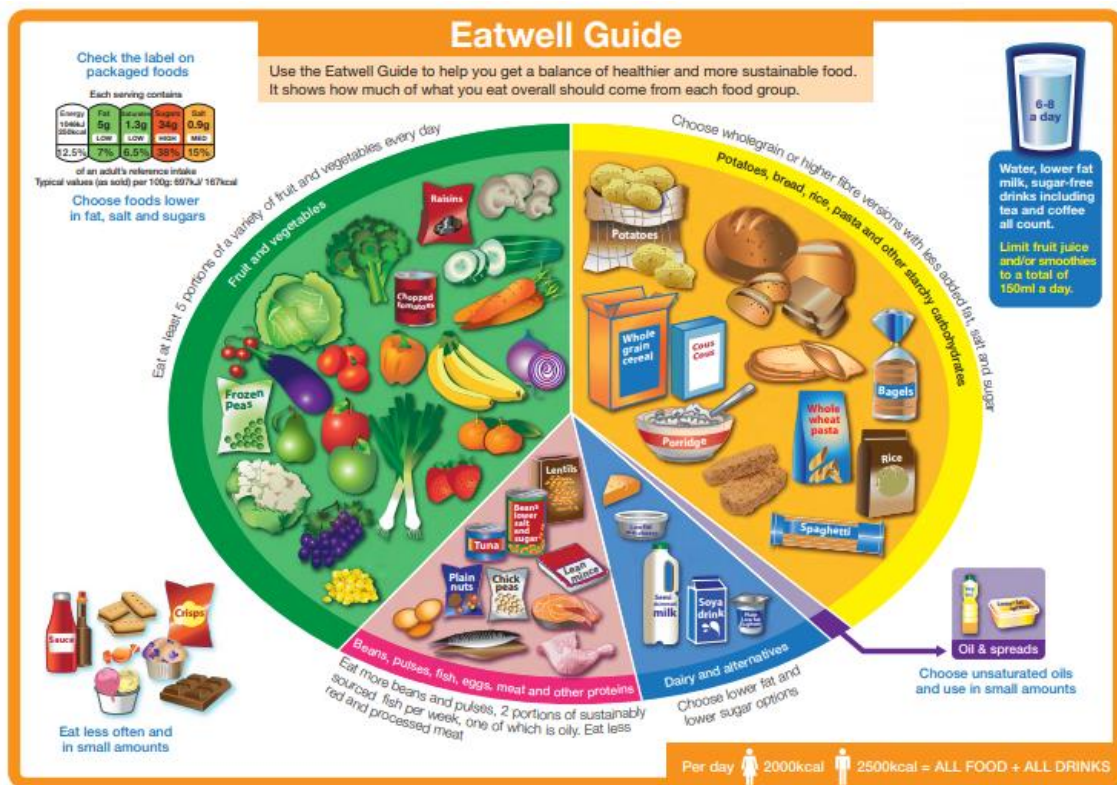
<https://www.barnsley.gov.uk/media/15838/packed-lunch-toolkit.pdf>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

[Healthier food swaps - Food facts - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Appendix 2 – Eatwell Guide







































Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Build a Healthy Lunch Box

Follow the arrows for delicious healthy packed lunch

Create a Main Pick a portion from each of the three groups below	Snack Choose one or two delicious snacks	Fruit & Veg Add two of your 5 portions a day
 <p>Wholemeal Bread</p>  <p>Wholemeal Tortilla Wrap</p>  <p>Wholemeal Pasta</p>  <p>Bagel</p>  <p>Tuna</p>  <p>Egg</p>  <p>Ham</p>  <p>Chicken</p>  <p>Cucumber</p>  <p>Lettuce</p>  <p>Sweetcorn</p>  <p>Tomato</p>	 <p>Bread Sticks</p>  <p>Hummus</p>  <p>Flapjack</p>  <p>Plain Rice Cakes</p>  <p>Plain Popcorn</p>  <p>Rice Pudding</p>  <p>Plain Cracker</p>  <p>Sugar Free Jelly</p>  <p>Cheese Cubes</p>  <p>Dried Fruit</p>  <p>Low Fat Yogurt</p>  <p>Small Malt Loaf</p>	 <p>Apple</p>  <p>Mange tout</p>  <p>Carrot Sticks</p>  <p>Peach Slices</p>  <p>Satsuma</p>  <p>Celery</p>  <p>Cucumber Sticks</p>  <p>Banana</p>  <p>Strawberries</p>  <p>Broccoli</p>  <p>Cherry Tomatoes</p>  <p>Grapes</p>

