



Dean Bank Primary and Nursery School

School Food Policy for Packed Lunches (brought in from home)

Headteacher: Mrs P Northcott
Chair of Governors: Mr J Davison
Responsible Person:

Date: May 2022
Date for Review: May 2024



School Food Policy for Packed Lunches (brought in from home)

This policy guidance has been developed by a group of multi-agency partners involved in reducing childhood obesity, promoting the health and well-being of young people and the provision of catering services in schools.

Additional guidance and advice on providing healthy packed lunches is available from a number of sources including the School Food Trust www.schoolfoodtrust.org.uk

As part of the Government's approach to reducing childhood obesity A Cross Government Strategy for England, *Healthy Weight, Healthy Lives* was launched in January 2008. This strategy outlines an expectation on all schools.

To promote a culture of healthy eating the government now expects all schools – in consultation with parents, pupils and staff to adopt whole school food policies. In particular, schools will be expected to:

- develop healthy packed lunch policies, so that those not yet taking up school lunches are also eating healthier

Durham County Council and its partners have developed this guidance document to support schools in their journey towards this goal.



School Food Policy for Packed Lunches (brought in from home)

Introduction

To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils.

Good nutrition in childhood 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 fat, sugar 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.

Aim

To ensure that packed lunches (brought in from home) reflect the new standards for school meals.

Rationale

- Schools are required to positively promote the health and well being of its pupils. Work around healthy eating is a high priority.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- The contents of lunchboxes in some schools can be extremely unhealthy, recent audits of lunchboxes have shown that in the main 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 in schools and the eating habits of children at lunchtimes
- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well being in later life.
- To ensure that food brought into school (packed lunches) reflects and meets food standards for School Food (2006).

Implementation

This 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 Guide' model which shows items the 5 main food groups; (Food Standards Agency).

Bread, Rice, Potatoes, Pasta

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

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.

Milk and Dairy foods

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

Meat, Fish, Eggs, Beans

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

Foods and drinks high in fat and / or sugar

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. 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. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools. Please support Dean Bank Primary School by not including these items in a packed lunch.

Drinks – any drinks provided in lunch boxes **should only** include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

Additional information is available with ideas and examples of foods that can be included in packed lunches at: www.schoolfoodtrust.org.uk

Waste and Disposal

Dean Bank Primary 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 the school.

Promotion of Healthy Packed Lunches

There will be ongoing promotion of the need to provide healthy packed lunches though a variety of media including:

- Pupil, parent / carers newsletters
- School prospectus / brochure
- Whole School / Packed Lunch Policy
- Health weeks / healthy eating activities
- Curriculum content
- Parents evenings / parent consultations
- Discussion through School Nutrition Action Group (SNAG)
- School website
- Reward schemes
- Professional development for school staff
- Workshops for parents
- School involvement in National Healthy Schools Programme
- 'Pack A Punch In Your Lunch' guide to healthy packed lunches

Packed Lunch Containers

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches

Dean Bank Primary School will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dining Facilities for Pupils Bringing Packed Lunch

Dean Bank Primary School will provide an appropriate area where pupils who choose to bring packed lunches can eat with children who have a school meal.

Monitoring and Evaluation

Dean Bank Primary 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 Dean Bank Primary 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”

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.

Endorsement

The School Governing Body, Pupils, Parent / Carer Representative and Staff of Dean Bank Primary School endorse this policy for implementation.

Ratified by Governing Body on: May 2022

Signed.....Headteacher

Signed.....Governor

Signed.....Pupil Representative

Signed.....Parent /Carer Representative

Review date: May 2024

Healthier lunchboxes

Base all your lunch options on the plate below

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Guidance for Schools **healthier lunches for children** **Packed Lunch Policy For School Trips**



Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches

Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel

An oily fish, such as salmon, should be included at least once every three weeks

A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day

A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day

Free, fresh drinking water should be available at all times

Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

Snacks such as crisps should not be included. Instead, include nuts, 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 and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal

Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

<http://www.healthylunch.org.uk/government/>

healthier lunches for children

Packed Lunch Policy For School Trips



Guidance for Schools

Below are examples of packed lunch options; you must follow the guidance on the previous page

Protein	carb	Veg	Fruit	drink	Cake/ biscuit	snack
Cheese Sandwich/ Wrap/bun		tomatoes	banana	Water	Biscuit	Pom Bears
Meat Sandwich/ Wrap /Bun		Cucumber stick	Apple or orange	Water	Cake	Yogurt
Tuna Sandwich/ Wrap/ Bun		Carrot sticks	Sultanas	Water	no	Mini scotch egg or sausage roll
Cheese portion	Crackers	Tomatoes	Grapes	Water	Cake	NA
Special or themed events						Crisps

Guidance For Parents healthier lunches for children

Healthier lunchboxes change 4 life

What's in a healthy packed lunch?



Tuna and bean salad



lunchbox



Creamy hummus dip with
pitta bread and vegetable
sticks



lunchbox



Spicy chicken and salad
wrap



lunchbox



Soft cheese and salad
sandwich



lunchbox

See More at;

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#tHpeckH0cfApbKJw.97>