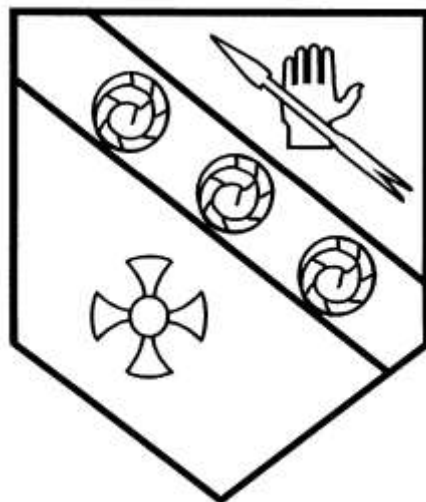


ST HILD'S COLLEGE C OF E AIDED  
PRIMARY SCHOOL

# Whole School Packed Lunch Policy



*"Shine Bright"*

## St Hild's CE Primary School Vision Statement

*"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

*Matthew 5:16*

At St Hild's we let the light of Jesus shine through all we do. St Hild shone like a bright jewel. We follow her example, not hiding our light, but letting our unique gifts shine brightly. We are an inclusive, loving community, where everyone is valued and nurtured to grow and fulfil their God-given potential.

At St Hild's CE Primary School, we are committed to working together to provide an inspirational and exciting learning environment where all children can develop confidence, strong moral values and an enthusiasm for life-long learning. We believe that all children should feel happy, safe and valued so that they gain a respectful, caring attitude towards each other and the environment, both locally and globally.

At St Hild's CE Primary School, wellbeing is paramount and everyone is valued and respected, and we are committed to providing an environment that enables full curriculum access that values and includes all pupils, staff, parents/carers and visitors regardless of their education, physical, sensory, social, spiritual, emotional and cultural needs. We welcome our duties under the Equality Act 2010 to eliminate discrimination, advance equality of opportunity and foster good relations in relation to age, disability, ethnicity, gender, religion and sexual identity. We welcome children of all faiths and none and we believe that every member of our school community should feel valued, respected and treated as an individual.

### Christian Ethos

St Hild's CE Primary School is rooted in the Christian tradition. We are committed to nurturing and developing children as rounded, spiritual human beings who understand their role as members of wider communities, locally, nationally and globally. Our children are part of a school that is proud of its values of:

- Community
- Thankfulness
- Forgiveness
- Justice
- Courage
- Love

## **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 standards for school meals introduced in September 2006.

## **Rationale**

- Schools are required to positively promote the health and wellbeing of its pupils. Work around healthy eating is a high priority of the school.
- 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/carers, 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 Plate' model which shows items 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.
- 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 our school by not including these items in a packed lunch (See Appendix A for information shared with parents/carers via our online platform).
- Drinks  
Any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice or fruit or dairy based smoothies.

Additional information is available with ideas and examples of foods that can be included in packed lunches on the School Food Trust website: [www.schoolfoodtrust.org.uk](http://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/carers 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, we will communicate this in the following ways:

- Pupil, parent / carers newsletters
- Health weeks / healthy eating activities
- Curriculum content
- Discussion through School Nutrition Action Group (SNAG)
- School website and online learning platforms
- Professional development for school staff
- School involvement in National Healthy Schools Programme
- 'Pack A Punch In Your Lunch' guide to healthy packed lunches
- Ongoing classroom work with our catering partners

### **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/carers are advised to include an ice pack. As 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**

The 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.

For health and safety reasons, the school cannot re-heat food brought in from home. It is the responsibility of the parent/carer to ensure that all food that is brought in from home is ready to eat and served at an appropriate temperature.

### **Dining Facilities for Pupils Bringing Packed Lunch**

The school will provide an appropriate area where pupils who choose to bring packed lunches can eat.

### **Monitoring and Evaluation**

The school will carry out regular 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.

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 the 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.

**Date of Implementation: September 2022**

**Date of Review: September 2024**

**Signed Head Teacher:** *A Ryder*

**Chair of Governors:** *J Moss*

## Appendix A

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

- Fizzy/sugary drinks in cartons, bottles or cans
- Sweets/confectionary
- Cereal bars, fruit bars (that contain any nuts)
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared/toffee and salted popcorn
- Salted nuts
- Fast food/takeaway items (e.g. chicken nuggets and chips)