

# Tow Law Millennium Primary School Packed Lunch Policy

## 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 as well as our own School Council and Governors. The wider school community was consulted and we thank all those who have helped us to finalise this document.



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](http://www.schoolfoodtrust.org.uk)

**PLEASE NOTE THAT NO NUTS ARE ALLOWED  
IN A PACKED LUNCH DUE TO PUPILS WITH  
AN ALLERGY!**

## 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 wellbeing 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 introduced in September 2006 reviewed by Dfe 2023. For further information refer to the Dfe website.

## Rationale:

- Schools are required to positively promote the health and wellbeing of its pupils. Work around healthy eating is a high priority of the "Every Child Matters" agenda.
- 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, an initial audit of lunchboxes showed 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.

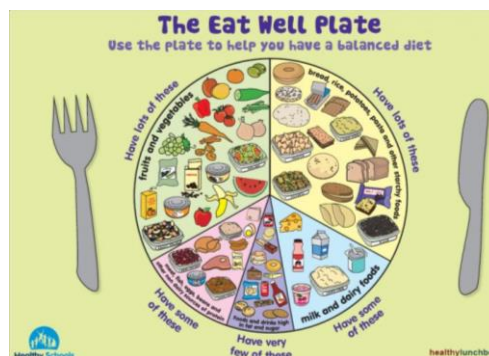
## Objectives:

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtime.
- 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.

## 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 in 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. For children in EYFS, if parents send in grapes they need to be sent in halved due to the risk of choking.

### **Milk and Dairy foods**

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

### **Meat, Fish, Eggs, Beans**

These foods provide protein for growth. Packed lunches should include one 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, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools. Please support your school by not including these items in a packed lunch.

### **Drinks**

Any drinks provided in lunch boxes **should only** include either plain water or unsweetened fresh apple/orange fruit juice or dairy based smoothies. All children are provided with the opportunity to have water and semi-skimmed milk with their meal.

### **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 the school.

### **Promotion of Healthy Packed Lunches**

There will be ongoing promotion of the need to provide healthy packed lunches through newsletters, our school prospectus, this policy, healthy eating activities, curriculum content, parents' evenings, school website, professional development for school staff and our involvement in the "National Healthy Schools' Programme".

### **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**

Packed lunch bags are stored in the child’s classroom on the coat pegs. 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**

Packed lunch children sit with their class to have lunch alongside school dinner children.

**Monitoring and Evaluation**

The school will carry out monitoring of packed lunch provision; where there may be concerns over a child’s food / nutritional 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.

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.

**Policy Review**

This policy will be reviewed as part of the school’s 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 endorse this policy for implementation.

Ratified by Governing Body on (date) **12 December 2023**


Signed.....Headteacher

Signed.....Governor

Signed.....Pupil Representative

Signed.....Parent /Carer Representative

If you require this information summarised in another language or format please contact the school office on:

 01388 730283

