



**Longlands
Primary
School**

Whole School Food and Healthy Packed Lunch Policy

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Approved by:

Date:

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1. Introduction

Diet is a contributing factor to the rapid rise in childhood obesity, and it has been found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. To grow and stay healthy children need to eat a nutritionally well balanced diet. Poorly nourished children, particularly those who are overweight or obese, experiencing physical, social and psychological problems. This can have a significant impact on their behaviour and performance in school.

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.

One big step to improving nutrition for children is to offer healthy food and drink choices throughout the school day.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

If encouraged to enjoy healthy food and drink early on, it is much more likely that these positive behaviours will remain with a child through life.

The policy is intended to:

- Make a positive contribution to children's health.
- Encourage a healthier and calmer school population.
- Promote consistency between food brought from home and food provided by the school.

Related policies include the food allergy policy

2. Aims

We aim to:

- Improve the health of the whole school community by supporting pupils and families to establish and maintain long-life healthy, and environmentally sustainable eating habits.
- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils.
- Enable children to develop an understanding of healthy eating through various aspects of our curriculum.
- Ensure all children have a suitable mid-day meal that sustains and prepares them for their afternoon learning.
- Ensure packed lunches brought from home and consumed in school or on school trips, provide pupils with healthy and nutritious food that, is similar to food we provide via our hot school meal service and, abide by the British Nutrition Foundation.
- Provide a safe, healthy and appealing eating environment for pupils bringing in packed lunch and that fresh water is available at all times.
- Ensure the safety of children with allergies is given diligent attention.
- Ensure we are at all times consistent with medical, religious and cultural needs of the children.

3. Food During the School Day

The school community has agreed to promote a balanced diet, through the following approach to the school day:

Breakfast Club: food provided meet government standards for non-lunch school food.

Snacks/ fruit in school: Children are asked not to bring in confectionary or crisps. A fruit snack is available at break time for EYFS and KS1 pupils. KS2 pupils are encouraged to bring in a healthy snack from home to have at break.

School Meals: The school uses Independent Catering to provide hot school meals. The Headteacher monitors the nutrition and quality of the school meals.

School community events and parties: The school is not required to meet government school food standards at one-off events such as Christmas/ summer fetes. The school sees such events as celebration times, when it is appropriate to enjoy treats together. However, care will be taken to ensure healthy drinks and snacks are also available and allergy information is available.

Trips and off-site purchase of food: As with all other policies, the school's healthy eating policy will still apply.

Water: Children are encouraged to bring in a water bottle; it is parents' responsibility to ensure that water bottles are taken home and washed regularly. Water bottles should only contain water, not squash or juice. Water is available to accompany school dinners.

4. Packed Lunches

4.1 Guidelines

The following guidelines for lunchbox contents and frequency of serving for each item reflect guidelines for school provided meals. This ensures equality of entitlement for all children.

The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. wholegrain bap, thick slice of wholemeal bread, pitta pocket, plain crackers, pasta or rice salad.
- A variety of fruit and vegetables e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks (preferably decanted into a plastic container), small box of raisins.
- A portion of milk or dairy food e.g. individual cheese portion, pot of yoghurt.
- A small portion of lean meat, fish or alternative e.g. 2 slices of ham, quorn, cheese, tuna, egg or hummus.
- A drink e.g. a small carton of milk or a bottle of water.
- One biscuit, cake or packet of crisps (in keeping with the Balance of Good Health Plate model, which allows a small portion of sugary/fatty foods to be consumed each day).
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- Confectionery such as chocolate bars and sweets. Cakes and biscuits (including chocolate coated e.g. Penguins) are fine as part of a **balanced** meal.
- Some children and adults in our school have severe nut allergies which can be life-threatening. We expect parents to let us know if their children have nut or other food allergies so that we can provide appropriate care as and when needed. Any product which contain nuts or may contain nuts should not be included in packed lunches. Any

items which a staff member suspects contains, or may contain nuts will be removed and disposed of.

- Meat products such as sausage rolls, pies, corned meat and sausages should be included only occasionally.
- Sugary drinks such as fruit squash or fizzy drinks.

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

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.

4.2 Implementation of the Policy

In implementing the policy the school will:

- Communicate the policy principles on a consistent basis to all staff particularly staff responsible for mid-day provision and supervision.
- Train all appropriate staff to support the successful implementation of the policy.
- Inform parents /carers and children of the policy via newsletters and school website.
- Contact the parents/carers if a child regularly brings a lunch box which does not conform to the policy.
- Discuss with parents/carers food from home that is regularly not eaten by their child.

4.3 Monitoring and Review

Lunchboxes will be monitored on a regular basis. This is an opportunity for us to talk with children about their lunchboxes and acknowledge if a box has a good balance across the food groups. In this way we will be aware of children who bring high fat/sugar content foods on a daily basis. At no time will a child be made to feel distressed due to their lunch box contents. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy.

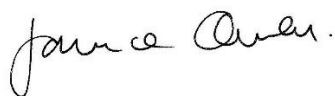
The school is keen to ensure that all children have had adequate, healthy food to sustain their afternoon learning. Where a child has a significant amount of food left then they will be encouraged to eat a little more.

4.4 Involvement of Parents and Carers

We expect all parents and carers to support the school in our aim to promote healthy eating habits. As a result we ask that parents provide their children with packed lunches that conform to the packed lunch policy.

It is not our intention to tell parents what and how they should be feeding their children and we will not do so. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle. The school will offer support and advice to parents and carers in making healthy lunch box options and more information can be found in the link here: [NHS healthier-lunchboxes](#)

Signed:



Miss Owen
Head Teacher

Chair of Governors