

Heighington CE Primary School



Celebrating 'Life in all its Fullness' (John 10:10)

Healthy Packed Lunch Policy

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Statement of intent

Heighington CE Primary School understands the importance of developing healthy food habits in children. The beneficial effects these habits have on concentration, overall school performance and prevention of obesity, are examples of why a healthy packed lunch policy should be enforced.

Heighington CE Primary School meets the requirements of the School Food Standards and aims to maintain these standards across all packed lunches and school dinners.

1. Legal framework

1.1. This policy has been created with regards to the following guidance:

- School Food Plan 'School Food Standards' 2015
- DfE 'School food in England' 2016

2. Aims and objectives

2.1. While maintaining this policy, Heighington CE Primary aims to:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents with clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of packed lunches that pupils consume.

2.2. To comply with our healthy eating policy/practice, parents are required to:

- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating.

3. Food and drink in packed lunches

3.1. Based on the School Food Standards, packed lunches at Heighington CE Primary should contain the following:

- One portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese, yoghurt or custard
- An oily fish at least once every three weeks
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

3.2. As part of our commitment to healthy eating, all school packed lunches (made by us) will contain a balance of foods from each food group. We ask that parents and carers follow the same principles.

3.3. Packed lunches provided from home should contain snacks that comply with our healthy eating policy – these may include, but are not limited to the following:

- Chopped vegetables, carrot or celery sticks
- A portion of fruit
- Breadsticks

3.4. To allow for the promotion of healthy eating, the following food and drink are not permitted by Heighington CE Primary School:

- Chocolate bars or chocolate-coated biscuits
- Other confectionery items such as sweets or chewing gum
- Carbonated drinks or those containing high levels of caffeine

3.5. It is advised that the following should be included **no more than twice a week** as part of a balanced diet:

- Individual meat pies, sausage rolls and corned beef, to limit salt intake
- Plain biscuits and cakes, to limit sugar intake

4. Storage and waste disposal

4.1. Parents and carers should ensure that packed lunches are sent into school in appropriate containers that children can open and close independently.

4.2. Any food not consumed by a pupil will be sent home with them.

5. Allergies and special diets

5.1. Heighington CE Primary understands that some pupils may have allergies to some foods, or have dietary requirements that do not adhere to this policy. In these cases, we ask that pupils affected by specific dietary requirements be provided with a packed lunch that is as healthy as possible. If children are having a packed lunch provided by school, the catering manager will meet with parents and carers to discuss putting together a lunch that meets the child's needs and is as healthy as possible.

5.2. Pupils are not permitted to share or swap any food, including that provided from home in a packed lunch or snacks.

5.3. Food provided for pupils with allergies will be managed in accordance with the '**Supporting Children with Medical Conditions**' policy.

6. What the school will provide

6.1. In accordance with DfE's guidance 'School food in England' 2016, Heighington CE Primary School will ensure that pupils have access to free, fresh water at any time.

6.2. Clean dining areas are available for all pupils. School meal and packed lunch children will not be segregated.

6.3. Advice for parents regarding our policies and healthy eating regulations will be available at all times.

6.4. Lunchtime staff will monitor packed lunches regularly, to ensure that they comply with this policy.

7. Breaches of the policy

- 7.1. Where concerns arise about the contents of a pupil's packed lunch, this will be dealt with appropriately. Initially, reminders will be sent home in the packed lunch explaining the school's policy.
- 7.2. If a pupil continues to bring a lunch that is not in line with this policy, the school will contact parents to discuss this further.
- 7.3. If a pupil brings a lunch that is completely inappropriate and raises significant concern, parents will be contacted immediately.

8. Monitoring and review

- 8.1. The headteacher will review this policy annually, and ensure that all procedures remain current and up to date.
- 8.2. The Academy Council will work with the school to review the packed lunch policy and provide advice and support where needed.
- 8.3. Any changes to government guidance regarding school food standards may lead to changes in this policy.
- 8.4. All staff will be notified of any changes made to this policy.