



KERR MACKIE PRIMARY SCHOOL

PACKED LUNCH POLICY



Packed Lunch Policy

Article 24 Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

Packed Lunch Policy

Aim of the Policy

At Kerr Mackie Primary School we want to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with a healthy, balanced and nutritious lunch, promoting equality for all pupils.

National and Local Guidance

This policy has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Guide of healthy eating and supports key outcomes of The School Food Plan. The policy supports Ofsted's commitment to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Eating Arrangements

Pupils bringing a packed lunch are able to eat together with those who eat a school meal and will be offered tasters of school meals when appropriate.

Evidence shows that school meals are more nutritious than packed lunches. Therefore, school meals are encouraged as the preferred option for all pupils.

We will provide an attractive, bright and clean environment for pupils to eat their packed lunches.

Food and Drink in Packed Lunches

We will provide free, fresh drinking water for all pupils, therefore there is no need to include an additional drink in lunchboxes. If parents do chose to do this then they should be made from 100% fruit juice or from concentrate.

Drinks high in sugar and artificial colourings will be discouraged and parents will be reminded about the importance of these unhealthy drinks not being brought into school.

Please ensure you keep the contents of lunchboxes cool on warmer days by using an insulated bag and/or freezer block. Alternatively, you can freeze items of the lunch such as yoghurts or sandwiches.

In order for our children to have a balanced diet we recommend that packed lunches contain:

- At least one portion of fruit or vegetables every day.
- A portion of meat or other source of non-dairy protein for example (lentils, chick peas)
- Dairy foods for example (cheese, yoghurt, fromage frais.)

- A portion of carbohydrate for example (bread, pasta, rice, couscous)
- Only water or fruit juice in their packed lunch. A balanced diet can also include an occasional small portion of snacks such as:
 - Snacks such as crisps (or a healthier alternative such as savoury crackers, bread sticks or rice cakes)
 - A small cake or biscuit without chocolate. We recommend that these items are only included once a week.

It is recommended that processed items such as dippers and cheese strings etc are not included regularly.

Where possible, parents and carers are encouraged to try and provide their child with a healthy packed lunch based on the following food groups. It is recommended that packed lunches contain 1 portion from each of the food groups below.

Carbohydrates - Bread, cereals and potatoes

Carbohydrate foods provide us with energy. Food which can be included in a packed lunch include: Pitta bread, wraps and bagels Sliced bread, rolls and baguettes Pasta, rice and couscous Bread sticks or crackers

Dairy products

Dairy foods contain calcium which helps to keep bones and teeth strong. Foods which are suitable for packed lunches include: Cheese Yogurt Cottage cheese, Cheese spread

Protein - meat, fish, eggs, beans

Protein foods help our bodies grow and repair itself. Foods which are suitable for packed lunches include: Meat and fish Beans and pulses - such as chickpeas, kidney beans, eggs

Fruit and vegetables

Fruit and vegetables contain important vitamins and minerals and help to prevent us becoming poorly. It is recommended that packed lunches include at least one vegetable or salad item and one fruit item such as: Dried fruit such as raisins, apricots and dates. Vegetables such as carrot sticks, celery or sweet peppers

Fats and sugars

These foods give us energy but it is recommended that the following foods are not eaten regularly: crisps biscuits without chocolate cakes/buns without chocolate.

We recommend that these foods are included only once a week.

We ask that fizzy drinks, sweets and chocolate bars are not to be included in packed lunches.

As we have children with allergies, no nuts or products containing nuts are to be brought into school.

Special Diets and Allergies

It is acknowledged that some special diets may not allow lunchboxes to comply with the policy. The school will work with all families to ensure that lunchboxes are as healthy and nutritious as possible and will agree alternatives where possible.

Our school catering service is committed to meeting the dietary needs of all pupils so we encourage pupils to eat a school meal where the packed lunch policy does not support their needs.

Please inform the school of any special dietary requirements in writing, supported by a letter from the GP when possible.

Monitoring

Our School Food Ambassadors promote healthy packed lunches and will acknowledge and reward with positive praise, raffle tickets, team points and special mentions in assembly.

We will not punish unhealthy packed lunches or stigmatise children who are unable to meet the policy. Parents/Carers will be **contacted** by a member of staff to discuss more suitable options.

How we will support the policy

Pupils and parents or carers who regularly struggle to provide a packed lunch in line with the policy will be supported sensitively on an individual basis. If discouraged items are found in lunchboxes, the school will remind pupils and parents/carers of the policy. This may be through reminder cards in lunchboxes or, if unhealthy foods are repeatedly brought into school, a letter may be sent home offering alternatives and solutions to help families support the policy and protect their children's health. We will support parents by sending home affordable menu ideas, recipes and useful tips for healthy packed lunches. We will also deliver a practical parent workshop once a year to offer advice and information around healthy packed lunches, snacks and school meals. We will support pupils through education and practical learning in the curriculum. We will also deliver regular competitions, incentives and promotions to encourage healthy eating for all pupils and staff in school and at home. We will ensure that messages within our 'whole school food policy' are consistent and in line with this policy.

Review

We welcome pupils and parents/carers to discuss the content of the policy with school at any time and offer ways to help us improve healthy eating. The policy will be formally reviewed each year by our School Council and School Food Ambassadors and other key people including parents/carers.

Sharing the policy

We will send home a full copy of the policy to parents each year. The policy is also available in full on our school website. Key messages and useful tips will be shared via newsletters as required