



## **SOUTHFIELD HEALTHY EATING POLICY**

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## HEALTHY EATING POLICY

### 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. We are also keen to reinforce our Rights Respecting work and would refer readers to the UNCRC Article 6 'Governments should ensure that children develop healthily' and also Article 24 'Children have the right to clean water and nutritious food.'

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 and break time snacks (brought in from home) reflect the DfE standards for school meals.

### Rationale:

- Schools are required to positively promote the health and well-being of its pupils. Work around healthy eating is a high priority of our school and is incorporated across the curriculum, especially through our One Life programme.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- We aim 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.

The contents of lunchboxes in some schools can be extremely unhealthy. Previous 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. Many of our school lunchboxes do contain healthy items, but there are still too many that contain foods which are high in fat and salt content, especially processed type snacks and chocolate coated products such as cakes and biscuits.

## Our School Packed Lunch Policy

### Objectives

- To improve the nutritional quality of packed lunches and break time snacks in schools and the eating habits of children at lunchtimes
- 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.

### Implementation

- This healthy eating policy fits within a wider context of promoting a whole school approach to food and healthy eating.
- School meals and packed lunches can represent a third of a child's daily intake of foods and school will strive to promote a balance.

### Content of Packed Lunches

#### Foods to include:

We ask that all packed lunches be based on the School Food Trust's food-based standards for packed lunches and should ideally include the following:

- Fruit and Vegetables; at least **one portion of fruit** and/or **one portion of vegetable**.
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal).
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon or tuna
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy; foods such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit-based crumble.
- One small Cake or biscuits can be included, as part of a balanced lunch, and a small packet of crisps (approx 25g)

***In line with the NHS Guidance for sugar consumption, children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes), and children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).***

**Foods to avoid or limit:**

- Meat products such as sausage rolls, individual pies, corned meat and sausages. These items should be included in packed lunches no more than twice per week.

**Packed lunches should not include any of the following:**

- Foods and drinks high in fat and / or sugar

**Snacks at break time** – children are allowed a healthy snack at break time, this may include a cereal bar, fruit, crackers, rice cake, chopped vegetables.

Biscuits and high sugar snacks will not be permitted, and staff reserve the right to ask children to place inappropriate snacks back in their bags.

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.

Additional information is available with ideas and examples of foods that can be included in packed lunches at <http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>

**Waste and Disposal**

We 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.

**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**

School will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, we 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**

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

**What the school will provide**

In accordance with DfE's guidance 'School food in England' 2016, the school will ensure that pupils:

- have access to free, fresh water at any time.
- Clean dining areas are available for all pupils; the school will aim to prevent segregation of packed lunch and school dinner pupils.
- Advice for parents regarding our policies and healthy eating regulations will be available at all times.
- Staff will undertake regular inspections of packed lunches, to ensure that they comply with this policy.

### **Monitoring and Evaluation**

School will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, then this can be dealt with timely and sensitively, initially with a reminder to the child and followed up, if necessary through contact with parents. Ofsted are required to report on how the school promotes the personal development and wellbeing of all pupils – this can include food provision including packed lunches brought into school.

### **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.