



# Witton Gilbert Primary School



## Healthy Packed Lunch Policy

**School Name: Witton Gilbert Primary School**

**Consultation that has taken place:** This policy has been reviewed and developed by a working group which has consulted with the school community, including children, parents and governors

**Policy Approved By Governors: November 2017**

**Review Date (s): November 2019**

### Introduction

To grow and stay healthy, children need to eat a nutritionally balanced diet. Our respecting rights values are integral to this policy. We refer to UNCRC Article 6 which states 'Governments should ensure that children develop healthily' and Article 24 which clearly states that children have the right to healthy, nutritious food and clean water.

Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. The school recognises the important connection between healthy diet and the ability to learn effectively and achieve high standards in school, as outlined in Every Child Matters and its outcomes. 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.

Our children and school groups considered:

#### Why do we need a healthy packed lunch policy?

- So you are healthy
- So you get strong
- To make you grow
- To give you energy
- You need energy to help you run faster, be more active, and take part in sports and activities
- To stop you getting fat
- To stop you getting bad teeth or spots
- To keep you alive longer
- Stop diseases when you are an adult
- So you don't get sick
- To help you learn how to have a good diet
- To give you vitamins



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

### Aims

- ✚ To ensure that packed lunches (brought in from home) reflect the standards for school meals introduced in September 2006.
- ✚ To ensure that children develop a healthy attitude towards food and understand the importance of a balanced diet.

## 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 the food based standards for school meals.
- ✚ The content of lunchboxes in some schools can be extremely unhealthy. Recent 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.
- ✚ 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 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.
- ✚ To ensure that food brought into school (packed lunches) reflects and meets the food standards for School Food (2006).

## Implementation

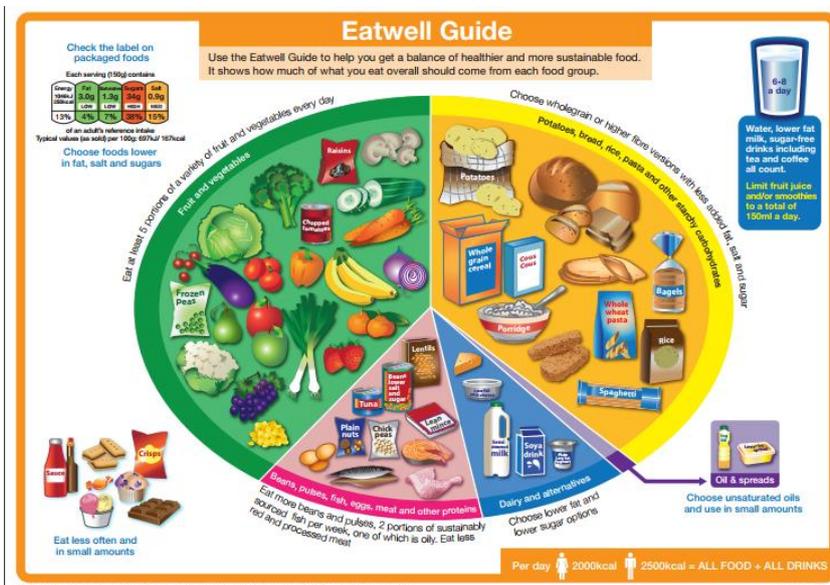
We have considered:

### How can we make sure we have our rights?

We can make good choices about what we ask for in our packed lunches.  
We should eat a wide variety of different foods.

### How can adults make sure we have our rights?

- Talk to us about the choices we can make about what goes into a packed lunch.
- Sometimes help us to make our own lunches.
- Teach us how to eat a balanced diet based on the "Eatwell Guide".



Children's packed lunches should be based on the 'Eatwell Guide' model above which shows 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 **1 or 2 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.

### **Milk and Dairy foods or alternatives**

These foods provide calcium for healthy bones and teeth. Include **1 portion** at lunch.

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

These foods provide protein for growth. Packed lunches should include **1 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, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools. To ensure consistency and to keep packed lunches in line with food standards for school meals, **please support school by not including these items in a packed lunch:**

- X** Chocolate bars / sweets / confectionary
- X** Chocolate spread as a filling for sandwiches
- X** Cereal bars
- X** Chewing gum
- X** Sugared / toffee and salted popcorn
- X** Crisps
- X** Snacks that are high in salt and fat. Many packets advertise clearly that they are lower in fat, however the salt content remains fairly well hidden. Please check the labels for content, comparing the per 100g measure. Low salt would be classed 0.3g or less per 100g (or 0.1g sodium) and **high is more than 1.5g salt per 100g (or 0.6g sodium)** Please do not include snacks that exceed the 1.5g per 100g measure.
- X** Salted nuts

**Drinks** – Children have access to fresh, cold water at lunchtime and throughout the day. Only water or milk are allowed in packed lunches.

### **Waste and Disposal**

We will, within reason, send any uneaten packed lunch food items back home. This is so 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 though:

- Pupil, parent / carers newsletters
- School prospectus / brochure
- Whole School Packed Lunch Policy
- Health weeks / healthy eating activities
- Curriculum content
- Discussion through School Nutrition Action Group(SNAG)
- School website
- Reward schemes
- Professional development for school staff

Workshops for parents  
School involvement in Healthy Eating initiatives

### **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.

### **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. We will contact parents where appropriate so that we can discuss any issues.

**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 brought into school.

The Local Authority will work with school to review packed lunch provision and will provide advice and support to members of the school community.

National Healthy School Programme (NHSP):

In order to maintain our National Healthy Schools Status, we are required to:

- “ensure healthier food and drink options are available and promoted in breakfast clubs, at break and at lunchtimes – as outlined by Food in Schools guidance”
- “monitors pupils’ menus and food choices to inform policy development and provision”

### **Useful Websites**

[www.nhs.uk/Livewell/childhealth6-15](http://www.nhs.uk/Livewell/childhealth6-15)

<http://www.healthylunch.org.uk>

<http://www.childrensfoodtrust.org.uk>

### **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.

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1040kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	36%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/167kcal

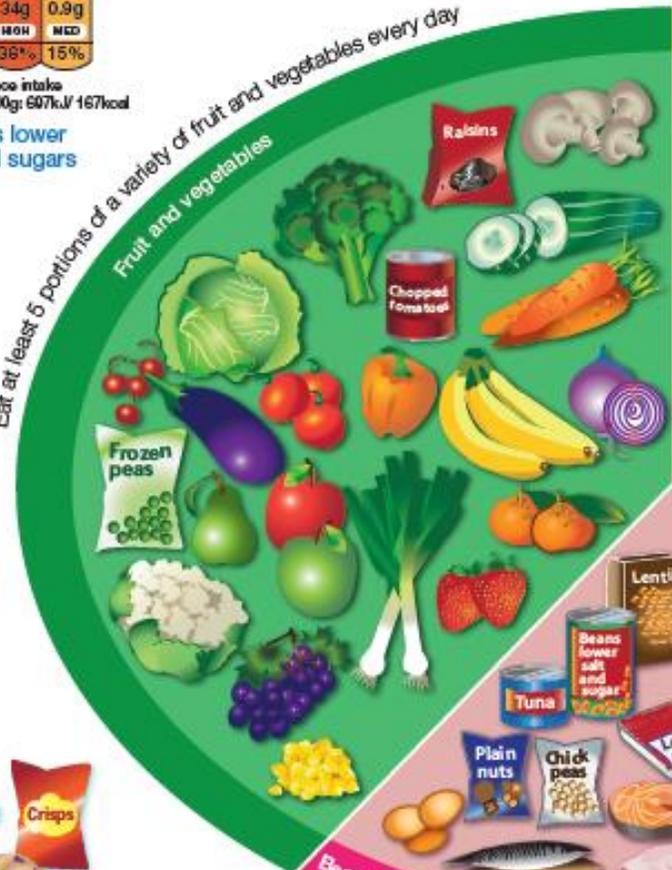
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar  
Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week



Dairy and alternatives  
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Navigation icons: Save, Print, Up, Down, 1 / 1, Previous, Next, and a search icon.

2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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