

Healthy Packed Lunch Policy



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This policy has been established in line with Government guidance to help to promote healthy eating and well-being of children within schools.

Additional information on healthy packed lunches is available from the School Food Trust and Children's Food Trust.

Introduction

Healthy changes regarding diet during childhood can help prevent many health problems, both in the short term and later in life. To grow and stay healthy children need to eat a nutritionally well-balanced diet.

There is an increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. We aim to ensure that the new standards for school meals also reflect packed lunches.

Foundation

School is an influential part of a child's life and can largely contribute to improving the health and well-being of pupils and their futures. Schools are required to promote the health and well-being of its pupils as a high priority.

The content of lunch boxes now need to meet minimum food and nutrition standards for school meals. The contents of lunch boxes in some schools can be immensely unhealthy, they mostly contain foods with high levels of sugar, salt and fat and usually have very few fruit and/or vegetables items.

The immediate effects of eating unhealthily can include poor growth, tooth decay, obesity, poor concentration and behavioural problems which may have an impact on a child's learning.

The long-standing effects of eating unhealthily can include having an increased risk of strokes, cancer, heart disease and diabetes.

Aims:

- To change the eating habits of children and further progress the quality of packed lunches in schools
- To develop awareness in pupils, parents, staff and the local area that the school takes an active approach to promote a healthy diet
- To not leave any pupils behind who are undernourished as a consequence of their lunch, whether school meals or packed lunch.
- To ensure that food brought into the school reflects the food standards that have been put forward in this policy.

Execution

This packed lunch policy fits in with a consistent approach to healthy eating across all school pupils and leaves none under nourished. We have a **no nuts** policy in school.

In reference to the Children's Food Trust, a healthy, balanced and nutritious packed lunch should include foods from the four food groups:

Starchy foods- such as bread, potatoes, rice and pasta. These foods provide carbohydrates to give your child energy for the afternoon.

Fruit and vegetables - these foods provide vitamins and minerals to help protect against illness. 25 Non-dairy sources of protein- such as meat, fish, eggs and beans. These foods provide protein, iron and zinc for growth.

Milk and dairy foods - these foods are a good source of calcium for strong bones and teeth.

Drinks - such as water, milk or diluted fruit juice to help with hydration and concentration.

Restricted items we would recommend avoiding for healthy packed lunches:

- Foods and drinks high in sugar and/or fat Limiting these items will help to reduce the risk of obesity, help to prevent tooth decay, heart disease, the risk of stroke and diabetes.
- Sugary, fizzy or energy drinks in bottles, cans or cartons
- Chocolate coated products, sweets or confectionery
- Crisps or savoury snacks high in salt and/or fat

Duties of the school

The school's staff can, if they think it is necessary, send uneaten food home with the child. The benefit of this is that parents can observe what their child is eating and the quantity of food left at the end of the school day.

The school will need to provide appropriate storage facilities for packed lunch bags/boxes during the school day. The school will also provide a suitable seating area for the pupils on packed lunches.

The school will need to monitor children's lunch boxes and relay to parents any concerns the school has in a timely and sensitive manner.

Duties of the parents

Parents need to provide suitable packaging for their child's packed lunch for storage in the school until the lunch service.

Dolce will support and advise the school on healthy eating so they can promote this within the school.