



Healthy Eating Policy



Implementation Date	September 2021
Review Date	September 2023

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

How and why the policy was formulated:

This policy was formulated by members of the teaching staff and Governing Body

- To make a positive contribution to children's health and Healthy Schools Status
- To encourage a happier and calmer population of children and young people
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information.
- To contribute to the school's self-evaluation form review by the Governors, Local Authority and OfSTED.

National guidance:

The policy was drawn up using a range of national documents including information and a draft policy from the *School Food Trust*, the *Food in School Toolkit* (Department of Health) and *Food policy in schools- a strategic policy framework for governing bodies* (National Governors' Council, (NGC) 2005).

Where, when and to whom the policy applies:

All pupils and parents providing packed lunches or break snacks to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches - what the policy states:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop food spoiling.
- Wherever possible, the school will ensure that pupils having packed lunches and pupils having school dinners will be able to sit and eat together.
- The school 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.
- The school will encourage the children to eat their packed lunch but will not force children to eat the entire contents.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetable every day;
- Meat, fish, or other sources of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day;
- Oily fish, such as salmon, at least once a week;
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day;
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day;
- Only water or small carton of fruit juice.

Packed lunches should not include:

- Fatty snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- **Nut or nut products** (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks or energy drinks.

Break time snacks can be:

- A piece of fruit;
- A vegetable;
- A **healthy** cereal bar;

Break snacks should not include:

- Crisps;
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets;
- Cakes and biscuits;
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.

Special diets and allergies:

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff and midday meal supervisors.

Healthy lunches will be rewarded by stickers.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a reminder explaining our policy with healthier options. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.