



MORDIFORD C of E PRIMARY SCHOOL

Treasure each individual

NURTURE

INSPIRE

FLOURISH

Packed Lunch and Snacks Policy

Introduction

At Mordiford, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day.

Government strategy outlines an expectation on all schools:

'To promote a culture of healthy eating the government now expects all schools, in consultation with parents, pupil and staff, to adopt whole school food policies. In particular, schools will be expected to develop healthy packed lunch policies so that those not yet taking up school lunches are also eating healthier.'

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips. This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

Aims

This policy has been drawn up in consultation with parents, pupils, staff and governors with the following aims:

- To ensure the contents of lunchboxes reflect the requirements of schools to meet minimum food and nutrition standards for school meals;
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood that can influence health and wellbeing in later life;
- To take a proactive approach to promoting healthy eating;
- To give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch;
- To support parents by holding healthy eating workshops and providing ideas for healthy packed lunches;
- To equip pupils with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices based on their nutritional understanding;
- To ensure that all children have a healthy and nutritious midday meal that sustains and prepares them for their afternoon learning.

Food contained in a packed lunch

Parents/carers of pupils who do not have school meals are expected to provide their children with packed lunches that are consistent with the nutritional standards based on the EatWell plate model (<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>) and the School Food Trust guidelines.

Some children at Mordiford have severe allergies to nuts and could have a severe reaction if we are not vigilant. Nut allergies are becoming increasingly significant in schools so in line with other establishments **Mordiford has a No Nuts Policy.**

Many manufacturers indicate that their products may have traces of nuts due to preparation and this can be unavoidable. However, items such as peanut butter, sesame products, cereal bars (that clearly have nuts) etc can pose a significant health risk and should not be brought into school. Items we would never expect to see in a lunch box include chocolate bars (e.g. mars bar) and fizzy drinks.

The recommended contents of a healthy lunch box are:

- **Fruit and Vegetables;** at least two portions of fruit or vegetables every day (a portion is the amount your child can fit into the palm of their hand). This could be fresh, dried or tinned fruit
- **Carbohydrate;** a starchy food every day such as bread, pasta, rice, couscous, noodles, potatoes, chapatis/roti, plain crackers, breadsticks, rice cakes
- **Protein;** meat, egg or other source of non-dairy protein such as lentils, kidney beans, chickpeas, hummus, dhal, falafel
- **Oily fish;** tinned or fresh mackerel, sardines, salmon or tuna. It is recommended that these should be included at least once every three weeks.
- **Dairy;** every day such as milk, cheese, yoghurt, fromage-frais, custard or calcium fortified soya products – reduced fat is recommended.
- **Drinks;** (with no added sugar) such as pure fruit juice, semi-skimmed/skimmed milk, milk-based or yoghurt-based drinks, fruit smoothies.
- **A bottle of water;** it is recognised that the concentration and behaviour of children improve when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage children to bring in water bottles daily.
- **Dessert/pudding;** such as a small cake, biscuit, cereal bar, fruit loaf/bun OR scotch pancake as part of a balanced meal. Please look carefully at packaging as many items that may look healthy can have high levels of sugar and fat. It is recommended to look for those with 100 calories or less per portion and only include one-a-day for lunch.

Packed Lunches must not include:

- Sweets/confectionery/chewing gum/chocolate bars
- Fizzy drinks, sugary drinks or any flavoured drinks
- Energy drinks
- Crisps

A number of inspirational ideas can be found on the Internet. For example:

<https://www.nhs.uk/change4life/recipes>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Special Diets and allergies

The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to inform the school and make their child's lunchbox as healthy as possible. For this reason, pupils are not permitted to swap food items.

Packed Lunch Containers

We ask that parents/carers and pupils:

- provide a **named** packed lunch container where food items can be stored securely and appropriately until the lunchtime period;
- bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles as we are passionate about reducing single-use plastic in order to look after our planet.

Fridge space for packed lunches is not available. It is also not possible to heat any packed lunches at school.

Waste and disposal

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 and then raise any concerns over their child's food intake with the school.

Playtime, club and trip guidelines

Children should only bring fresh or dried fruit or vegetables to school for playtimes and clubs to fit in with nutritional guidelines. This aligns with the fresh fruit scheme in Early Years and KS1. This should also be the case also for after school clubs. It is the most sensible option if children are undertaking physical activity; only water should be brought if a drink is required.

Birthday celebrations

We kindly ask parents not to send in sweets or party bags to celebrate birthdays, instead we will find other ways to celebrate birthdays (e.g. by singing to children in assembly).