

Packed Lunch Policy



How and why this policy was formulated:

Since working on the Healthy Schools Standard a Working Party has been set up to discuss any concerns and to ensure policies are in place and to regulate matters.

Parents, pupils, school council, kitchen staff and governors have been consulted before decisions have been made. It was decided upon to introduce a packed lunch policy because the contents of some lunch boxes was not healthy and appeared to pupils having a cooked meal as a contradiction to what we are trying to do as a Healthy school.

- To make a positive contribution to pupil'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 from September 2006 and 2007, must adhere to national standards set by the government. Visit www.schoolfoodtrust.org.uk for more information.
- To contribute to the self-evaluation for review by Ofsted.

National guidance:

This 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 (Dept 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:

To all pupils and parents providing packed lunches 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 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 the food going off.
- Pupils having packed lunches and school dinners will be able to sit together when possible.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.

- Meat, fish or other source of non-dairy protein every day (e.g lentils, kidney beans, chickpeas, hummus, peanut butter, and falafel)
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage fraise or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks or smoothies.

Packed lunches should NOT include:

- Crisps, (savoury snacks such as crackers or breadsticks, nuts and seeds are a good alternative.)
- Chocolate bars, chocolate coated biscuits or cakes and sweets. Plain cakes and biscuits are allowed but should be part of a balanced meal.
- Meat products such as sausage rolls, pies, corned meat and sausages should only be included occasionally.

Special diets and allergies

See <http://www.allergyinschools.co.uk> for reliable information on managing allergies in school. Please inform school about any allergies that your child has. We recognise that some pupils may require special diets that do not meet the standards 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 NOT permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff, catering staff and lunch time supervisors. Healthy lunches will be rewarded with stickers and verbal praise. Parents who do not adhere to the policy will be contacted to speak about the matter. Pupils with special diets will be given due consideration.

Involvement of parents/carers:

Parents providing packed lunches for their children must adhere to this policy. In turn, the school will keep the parents informed as per the methods detailed below under "Dissemination of the Policy"

Linked Policies

Food, PSHE, Science, D&T, PE

Dissemination of the policy:

The school will inform parents of the policy through the school newsletter and website. The policy will be available on request. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

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Healthier lunchboxes



School meals are a great choice, but if you do make a packed lunch for your child then we've got it covered. Get hints and tips on what their lunchbox should contain as well as lots of easy-to-prepare ideas your children will love.

See lunchbox tips

Try our lunchbox ideas!



Tuna and bean salad

lunchbox

(/change4life/recipes/tuna-and-bean-salad)

(/change4life/recipes/creamy-hummus-dip-with-pitta-bread-and-vegetable-sticks)



Creamy hummus dip with pitta bread and vegetable sticks

lunchbox



Spicy chicken and salad wrap

lunchbox

(/change4life/recipes/spicy-chicken-and-salad-wrap)



Soft cheese and salad sandwich

lunchbox

(/change4life/recipes/soft-cheese-and-salad-sandwich)

See all lunchboxes (/change4life-beta/recipes?filter=lunchbox)

Or make your own...

Take a look at our lunchbox suggestions below. Make a note of the ones you think your child will enjoy and add them to your shopping list. The Eatwell Guide (<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>) can also be useful when thinking about what goes into their lunchboxes.

Choose a main dish

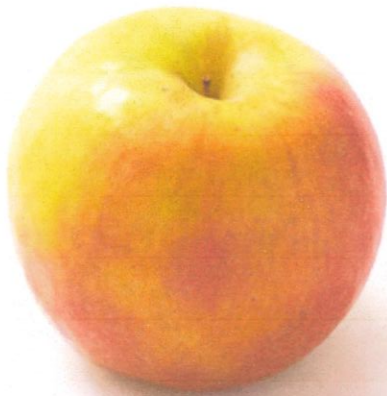


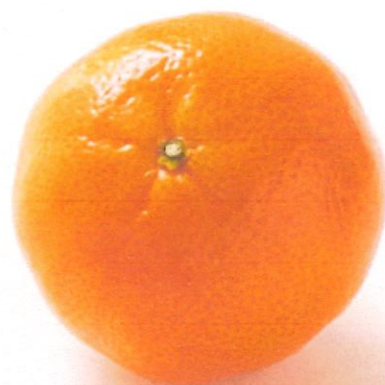




Add some fruit or salad







Add a little something else

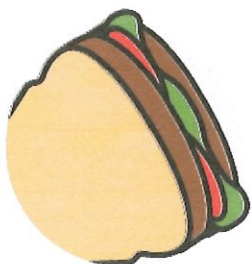




And a drink!

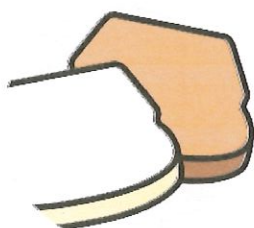


Lunchbox tips



Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



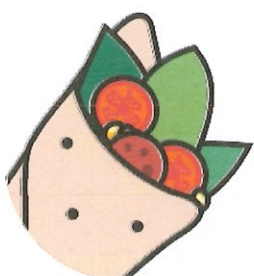
Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

Less spread



Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.



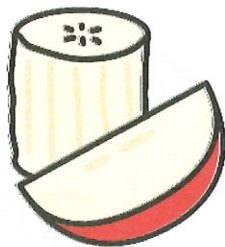
Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



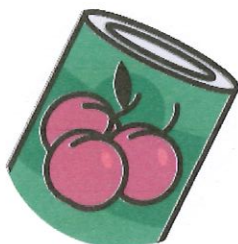
Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts

A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.



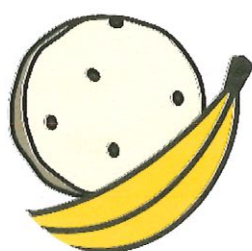
Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



Watch the teeth!

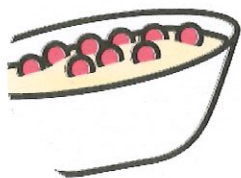
Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



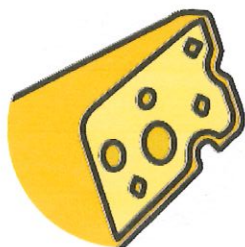
Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

Go low fat and lower sugar



Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

4 million and counting!

Millions of families have already made healthier changes – you can too.

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(<https://www.facebook.com/change4lifeuk>)