All Saints' CE Primary School
Blackheath

PACKED LUNCH GUIDELINES

Aim:

To ensure that all packed lunches consumed at school and on school trips provide pupils with healthy and nutritious food that is similar to the food cooked and served in school, according to the principles first suggested by Jamie Oliver (www.jamieolivercfoodfoundation.org.uk).

Why do we need Guidelines?

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a set of guidelines and this one is based on their model. Eating healthily is important because it will help to give children:

- nutrients to grow and develop now and later in life; and
- the energy they need to learn and play at school.

School meals conform to government nutritional guidelines with less sugar, fat and salt, and more fresh fruit and vegetables. School lunches also provide a good balance of 'complex carbohydrates' such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit www.schoolfoodtrust.org.uk/packedlunches or www.eatwell.gov.uk for more information.

Things to note:

- We will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- We will work with parents to ensure that packed lunches abide by the guidelines listed below and provide healthy meal suggestions and recipes for any parents that would like them.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- Children must only eat their own food and not other children's.
- 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.

Guidance

Every day packed lunches should include:

- At least one portion of fruit **and** one portion of vegetables. Dried fruit products (such as raisins, fruit strings etc) contain a significantly higher amount of sugar (bad for developing teeth) but are acceptable as an additional piece of fruit.

- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, eggs, chickpeas, hummus and falafel), usually as part of a sandwich, roll or salad.

- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.

- A drink: water is best as this is what school dinners consume but pure fruit juice, semi-skimmed or skimmed milk are also allowed. Smoothies are permitted as an additional portion of fruit **not** instead of fruit and as well as water.

Occasionally packed lunches may also include:

- Dairy food such as milk, cheese, yoghurt, fromage frais, rice pudding or custard.

- Oily fish, such as salmon, mackerel or tuna.

- Savoury crackers or breadsticks (served with fruit, vegetables or dairy food) and plain pop corn are also a good choice.

- Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

Packed lunches should not include:

- Nuts or nut-based products such as peanut butter – due to the increasing number of children we have in school with nut allergies

- Snacks such as crisps and confectionery such as chocolate bars and sweets.

- Fizzy drinks or drinks containing artificial sweeteners.

Special diets and allergies

Please be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets that do not allow for these guidelines 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:

The midday meal supervisors, Year 6 healthy eating ambassadors and other members of staff are always on hand to help pupils with their packed lunches – by encouraging them to eat the food provided and to open packaging.
We are, therefore, aware of the contents of packed lunches and parents and pupils who do not adhere to the Packed Lunch Guidelines will receive reminders informing them of the Guidelines. If a child regularly brings a packed lunch that does not conform to these Guidelines then the school will contact the parents to discuss this.
Please note: pupils with special diets will be given due consideration.

Practical Tips for a Healthy Lunchbox:

- Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.

- Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.

- Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.

- To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.

- Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable. If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread. For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- You can use leftovers; for example, rice and curry, vegetable pizza or pasta and sauce. Make a salad using rice, potato or pasta from the night before, mixed with vegetables, beans and so on.

- The school cook is happy to provide copies of the recipes used for our healthy school dinners.