



Grosvenor Road Primary School

Packed Lunch Policy

Policy Rational

This policy aims to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

The policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

Development of the Policy

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix 1).

School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches (see appendix 2), and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g. crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

Content of Packed Lunches

Foods to include:-

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix 1) and should include the following:

- **Fruit and Vegetables;** at least one portion of fruit and one portion of vegetables
- **Protein;** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon, tuna
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- **Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- **Drinks;** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. **NO FIZZY DRINKS**
- **Puddings;** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

Foods to avoid or limit:-

- Crisps, cakes and plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Peanuts and peanut products

Special diets and allergies

We ask that parents/carers be aware of nut 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 make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut allergies we ask parents to refrain from including peanuts or peanut butter in lunches.

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

For Healthier lunchbox recipes, [please follow this link.](#)

[Food facts link](#)

Staff

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

Facilities for packed lunches

We will:-

Provide appropriate facilities to store packed lunches

Provide free, fresh drinking water

Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer

guidance on bringing healthy packed lunches. If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any sweets or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit and an alternative drink.

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required.

Policy Review

This policy will be reviewed as part of the school's agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

Appendix 1 – The Eatwell Plate

Eat plenty of fruit and vegetables - 5-a-day or more Not only are they packed full of vitamins to protect your heart, they can improve your mood!

Green leafy vegetables (such as kale, broccoli and spinach) are high in Folate (a B vitamin). Low levels of folate have been linked to low mood, so eating your greens means that you are less likely to be down in the dumps! Other great sources of folate include asparagus, lentils and beans.

Eat a rainbow! By eating a wide range of different coloured fruit and vegetables, you are also eating lots of other feel good nutrients, such as vitamin C and vitamin B₆.

Bread, Rice, Potato and Pasta

Starchy foods such as potatoes, bread, cereals, rice and pasta should make up about a **third of the food you eat**. Where you can, choose wholegrain varieties, or eat potatoes with their skins on for more fibre

Eat some lean meat, fish, eggs and beans. Include one portion of oily fish a week, for Omega-3 oils

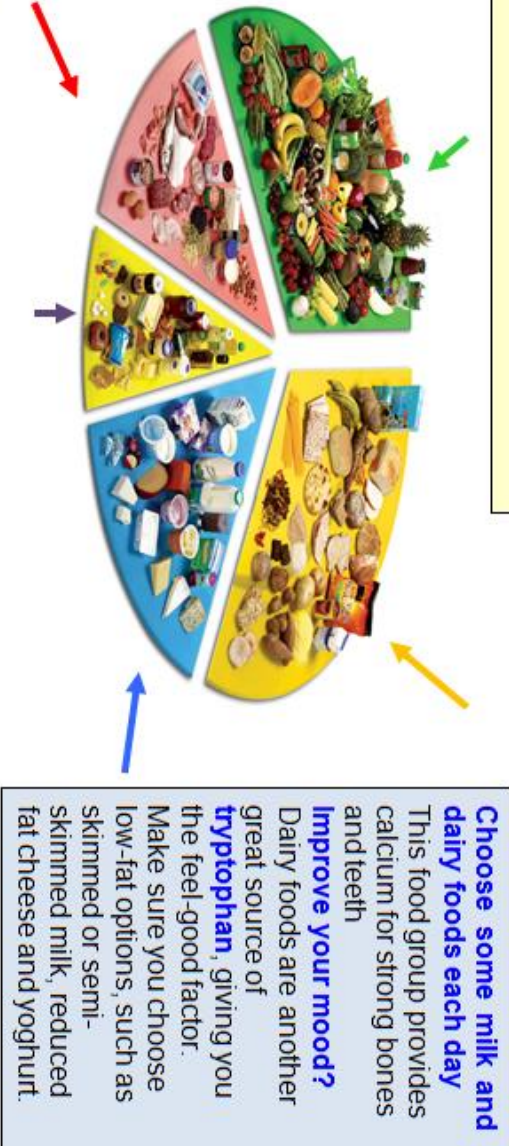
This includes salmon, mackerel, fresh tuna and sardines. Research has shown that people who do not eat enough of these essential fats have a higher chance of low mood and low concentration levels

Choose tryptophan rich proteins.

One of the building blocks of protein, called tryptophan, is especially important for mood. It is needed for the body to make **Serotonin**, a brain chemical that helps regulate mood. Good sources include turkey, beans, oily fish, nuts and seeds.

Meat, fish, eggs and nuts (especially brazil nuts) are also a good source of a nutrient called selenium

Studies have shown that low levels of selenium increase the risk of depression and other negative mood states.



Choose some milk and dairy foods each day

This food group provides calcium for strong bones and teeth

Improve your mood?

Dairy foods are another great source of **tryptophan**, giving you the feel-good factor. Make sure you choose low-fat options, such as skimmed or semi-skimmed milk, reduced fat cheese and yoghurt.

Choose just a small amount of foods and drinks high in fats, sugars (and caffeine)

As part of a healthy diet, it's good to limit your fatty and sugary foods, as too much can lead to being overweight. Additionally, foods and drinks containing sugars, caffeine and additives are high in potential 'stressors'. This relates to your blood-sugar balance- if you have lots of sugar or caffeine, you cause sudden surges and slumps in blood sugar, which then affect the supply to the brain. The brain needs a slow and steady supply of glucose to maintain a stable mood.

Appendix 2 – The School Food Trust Standards for Packed Lunches

For a balanced packed lunch select these healthier food and drinks

	Fruit and Vegetables	Include at least one portion of fruit and one portion of vegetables or salad every day
	Meat and Alternatives	Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel
	Oily Fish	Include oily fish, such as salmon, at least once every three weeks
	Starchy Food	A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals should be included everyday
	Milk and Dairy Food	Include a dairy food such as semi-skimmed milk, cheese, yoghurt, fromage frais or custard everyday
	Drinking Water	Fresh drinking water should be available at all times
	Healthier Drinks	Include only water, still fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

Avoid including these foods in packed lunches

	Snacks	Snacks such as crisps should not be included. Instead include nuts/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
	Confectionary	Confectionary such as chocolate bars, chocolate coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as a balanced meal
	Meat Products	Meat products such as sausage rolls, individual pies, corned meat and sausages should be included only occasionally