



**Name of school:** St Saviour's C of E Primary School

**Policy:** Approved & adopted

**Due for Review:** July 2017

**Aims:**

To ensure that all packed lunches brought from home and consumed in school (and on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is regulated by national standards. Our school contract caterers have achieved the Gold standard for nutrition. They are regularly monitored by the service provider, the school and governors.

**Setting:**

St Saviour's is situated in an area of socio-economic deprivation, the second poorest at ward level in London with the worst health outcomes in the capital. People live ten years less in Poplar than other parts of London. Where children have allergies we are aware of these on a 1:1 basis.

**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.

**Objectives:**

- Children have access to healthy lunches every day.
- Parents are aware of their choices when creating packed lunches.
- Children grow healthy and strong.
- 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

This policy applies to all packed lunch children and children on school trips.

### **Guidance**

- Our School will work with the pupils to provide attractive and appropriate dining room arrangements.
- If any child forgets to bring in water to drink with their packed lunch, fresh drinking water is readily available at all times.
- Our School will work with parents to ensure that packed lunches abide by the standards listed.
- 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.
- Wherever possible our school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

### **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 (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day
- 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.
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Water or milk is available in school.

### **Packed Lunches should not include:**

- Snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables are a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Cakes and biscuits of any kind are not allowed because of the high sugar content.
- No 'Low fat' foods or snacks as these tend to be very high in added sugars.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Parents may be given handouts to support them in gaining ideas for varied lunchboxes

**Assessment, Evaluation and Review:**

- Packed lunches will be regularly reviewed by teaching staff / and midday meal supervisors and play leaders.
- Healthy lunches will be rewarded with dojo points, stickers and sometimes certificates.
- Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. 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

Please visit [www.schoolfoodtrust.org.uk/nutrientstandards](http://www.schoolfoodtrust.org.uk/nutrientstandards) for more information.

For visual information please watch “That Sugar Film”