

**Morningside
Primary School**
and Children's Centre
Achieving and Aspiring Together

Packed lunch policy

October 2020

Overall aims

To ensure that all packed lunches brought from home and consumed in school (or 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.

How and why the policy was formulated:

Results from the National Child measurement programme 2014-17 showed that the proportion of our Reception and Year 6 children who were overweight or obese was statistically similar to most schools in the UK (lower in Year 6). However it is expected that in any population of children of all ages that 10% would be overweight and a further 5% would be obese and our current levels are higher.

Monitoring of packed lunches showed that although many packed lunches were meeting healthy eating standards there were many that did not provide children with the recommended daily nutritional intake.

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

- To improve the nutritional quality of packed lunches and other foods taken into schools.
- To ensure that all packed lunches brought from home (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.
- To contribute to the self-evaluation for review by Ofsted

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy promotes a whole school approach to food and healthy eating.

Key Aims

- 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.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information.
- To encourage children to take part in making independent healthy choices to improve long term wellbeing.
- To contribute to the self-evaluation for review by Ofsted.

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 room 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.

Wherever possible the 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, and falafel) every day
- Oily fish, such as salmon, at least once every three weeks (those with a fish allergy or vegetarian/vegan diet can find Omega 3 fatty acids in flaxseed or soya-based foods, such as tofu)
- 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 frais or custard everyday (dairy free or vegan diets should include foods with naturally occurring calcium like beans, tahini, oranges, dried apricots and figs)
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies in reusable drinking bottles (available to buy from the school).

Packed lunches should not include:

- Snacks such as crisps. Instead, include 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.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

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.

Morningside is a nut free school. Nuts of any kind are not allowed on the premises.

Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by SLT, teaching staff / catering manager and midday meal supervisors.
- Healthy lunches will be rewarded by marvellous me badged and stickers.
- Parents and pupils who do not adhere to the Packed Lunch Policy will receive a slip 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.

Dissemination of the policy

The school will write to all new and existing parents/carers to inform them of the policy via the Morningside Mag and letters to go home.

The policy will be available on the school's website.

The school will use opportunities such as parents' evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Signed: Sheena Khangura

Date: October 2020

Policy review date: October 2022

PACKED LUNCH POLICY

YOUR CHILD'S PACKED LUNCH **SHOULD INCLUDE ONE PORTION OF:**



FRUIT



VEGETABLES



**MEAT, EGG,
BEANS OR
FISH**



**STARCHY FOOD
E.G. SANDWICH,
RICE OR PASTA**



**MILK, CHEESE
OR YOGHURT**



**BOTTLE OF
WATER**

YOUR CHILD'S PACKED LUNCH **SHOULD NOT INCLUDE THESE FOODS:**



**CHIPS &
OTHER HIGH
FAT SNACKS**



**CHOCOLATE
BARS, SWEETS,
CAKES**



**PASTRY/FRIED
FOODS**



CEREAL BARS



SOFT DRINKS

**INSERT
SCHOOL
LOGO
HERE**

TIPS FOR FUSSY EATERS

Here are some tips to encourage children to eat healthy food



Involve child in making food



Disguise veges in dishes



Let child chose their lunchbox



Don't offer bribes



Explain why we need healthy food



Don't make a fuss or force



Eat the same healthy foods



Make lunchboxes fun



Eat meals around a table



Remove distractions when eating



Avoid buying junk food



Build on favourite foods

A healthy balanced lunch in 5 steps

1. Fill up on starchy foods by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chickpeas.



2. Add a piece of fruit and add salad to a sandwich or eat vegetable sticks as a snack.



3. Add a little protein to sandwiches or salad.



4. Include yoghurt or cheese as a snack.



5. Pack water.



Packed lunch money saving ideas

1



Buy fruit by the kilo

2



Buy supermarket brands

3



Buy rolls in bulk

4



Pop your own popcorn

5



Pack dinner leftovers

6



Buy reduced to clear

7



Fill a bottle with tap water

8



Look for special offers

9



Replace meat with pulses

10



Portion yoghurt into single serves

11



Buy veg and fruit frozen or canned when out of season

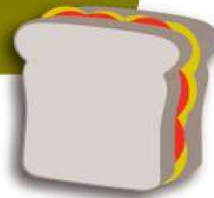
12



Look above and below eye level

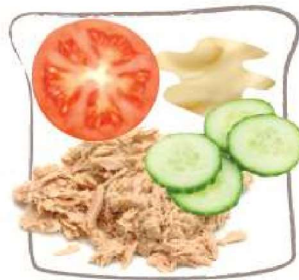
Sandwiches

Try these combinations
for a tasty sandwich



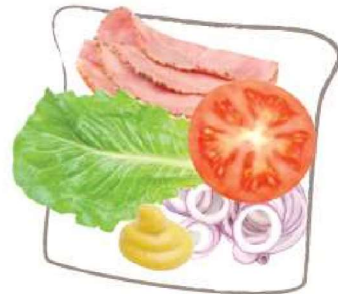
Hawaiian

LOW FAT CHEESE / HAM
PINEAPPLE / TOMATO



Tuna

TUNA / TOMATO / CUCUMBER
LOW FAT MAYONNAISE



Beef

BEEF / TOMATO / RED ONION
LETTUCE / MUSTARD PICKLES



Leftovers

DINNER
LEFTOVERS



Egg

EGG / LETTUCE / CUCUMBER
LOW FAT MAYONNAISE



Turkey

TURKEY / TOMATO
LETTUCE / AVOCADO



Chicken salad

CHICKEN / LETTUCE / TOMATO
LOW FAT MAYONNAISE



Salad

CARROT / LETTUCE / CUCUMBER
BEETROOT / TOMATO / AVOCADO