



# Higher Failsworth Primary School

‘Working towards an Education for Life.’

## Packed Lunch Policy

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Date of Next Review:	January 2024
Staff Member:	Safeguarding and Pastoral Manager
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At Higher Failsworth Primary School 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. This policy applies to all packed lunches consumed with school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

As a school, we have always promoted a healthy lifestyle. We believe that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Parents of pupils wishing to have packed lunch are expected to provide their children with a lunch that reflects a balanced healthy meal.

## **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 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
- **Drinks;** water, pure fruit juice, 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

### **Food to avoid or limit:**

- Crisps, cakes and 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 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 fillings
- Peanuts and peanut products

Children will be allowed to bring a sweet treat on a Friday as part of a balanced diet over the week. Please could we encourage that chocolate coated items are limited to encourage healthy habits.

**Please note this is only on a Friday and such items will be sent home on other days.**

## **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.

### **Facilities for packed lunch pupils**

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 the 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. A member of the pupil's Health Committee which is led by KS2 children will give children a slip advising that changes need to be made to ensure a healthy lunch is being provided. Any sweets or fizzy drinks will be confiscated until the end of the day.

### **Working with parents/ 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 through the school website.

### **Policy Review**

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

A copy of the leaflet that will be put in the packed lunches that don't comply with the policy

Packed Lunch

Date: \_\_\_\_\_

Dear Parents/Carers

Today we noticed that your child had an item of food in their packed lunch that they are not allowed because it breaches our policy for Packed Lunches and Healthy Eating. They have been asked to save it until they get home. Our Packed Lunch policy is on the website for you to see.

Yours sincerely

HFPS Health Committee