



CRIGGLESTONE ST JAMES CE PRIMARY ACADEMY



Ready For The Future

Packed Lunch Policy

2023 – 2024

Dated: January 2024

Date of Review: January 2025

Ready For The Future

Our Vision

We provide a **happy and safe** environment for everyone, opportunities to **take responsibility and lead**, promote **curiosity and engagement with the world** around us and to be **kind and respectful to all**. We are **resilient** and **not afraid** to make mistakes. We are ready for the future.

Our key Christian values that arise from our vision are:

- Trust
- Hope
- Peace
- Forgiveness
- Koinonia
- Thankfulness

Our vision is rooted in the parable of the 'The Good Samaritan' which helps us to understand that help may come from those we least expect. It teaches us to have hope, have trust in others and to be kind to all. It demonstrates how we can use our skills and knowledge to serve others and shows our collective readiness for the future. This is what you will find across our academy.

1. Introduction

At Crigglestone St James Academy, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle, which links to our vision of "Ready for the Future". This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day, such as Change 4 Life and the Eatwell plate. This is supported by our curriculum where healthy eating is discussed and promoted in a number of subjects. We believe a healthy packed lunch can contribute to the health of children, and needs to be consistent with the nutritional quality provided by school meals. The Eatwell plate (Appendix 1) demonstrates how to get the balance right by showing the proportion of each of the five food groups that should be eaten each day. 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. The government provides regulations for healthy school meals and packed lunches and recommends that foods from the high fat and/or sugar group on the Eatwell plate should not be included in a packed lunch.

2. Aims of the Policy

- To improve the nutritional quality of packed lunches and other foods taken into schools
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools
- To give clear guidance to parents/carers, pupils, governors, and staff on providing a healthy packed lunch
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood, setting a trend for lifelong changes

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 fits within a wider context of promoting a whole school approach to food and healthy eating.

3. Key Points

- The school will work with the pupils to provide attractive and appropriate dining room arrangements; this includes allowing children eating packed lunches and school meals to sit together.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- The school will promote a healthy lifestyle across the curriculum, and staff will be expected to comply with the policy when bringing in packed lunches and eating these with pupils.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.
- Children must only eat their own food and not other children's.
- Parents will follow the advice given in this policy.

4. Guidance

As a recommendation packed lunches should include:

- at least one portion of fruit and/or vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, wrap or salad)
- oily fish, such as salmon or tuna occasionally
- a starchy food such as brown/wholemeal bread, pasta, rice, noodles, potatoes or other type of cereals every day
- dairy food such as cheese, low fat yoghurt, fromage frais or custard
- Flasks of warm food e.g. beans, pasta (although parents should be cautious of the temperature and the potential of causing injury)

Hot or warm soup and other hot or warm liquids are not allowed to be brought into school, even if they are in a flask. This is because it may cause injury if it is too hot.

Packed lunches could include these foods but only as part of a balanced meal:

- buns / cake bars
- plain or chocolate coated biscuits
- cereal bars/Snack-a-Jacks
- meat and pastry products such as sausage rolls or pies
- snacks such as crisps

Packed lunches should not include:

- Chocolate confectionery / bars and sweets.
- Fizzy drinks; children can have a carton of juice in their packed lunch but their classroom water bottles must only contain water.
- Hot or warm soup and other hot or warm liquids are not allowed to be brought into school, even if they are in a flask. This is because it may cause injury if it is too hot.
- Nuts or nut products (although they can be healthy) because of the danger to other children with allergies. This includes chocolate spread products which contains nuts i.e. Nutella based products.

5. Special Diets/Allergies

The academy recognises that some pupils may have verified medical conditions requiring special diets, allergies or cultural/religious beliefs, which may influence diet. These may not allow the standards to be met exactly. In this case, parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

NOTE For these reasons pupils are:

- not permitted to swap food items.
- not permitted to bring nuts and nut products in packed lunchboxes.

It is impossible to provide an absolute guarantee that nuts will not be bought onto the premises, but we will strive to minimise this as much as we can. Staff will be alert to any obvious signs of nuts being bought into school but they will not inspect all foods within each packed lunch.

6. Snacks

During mid-morning break, children like to have a snack. As part of the Fruit and Vegetable scheme, fruit and vegetables are available on a daily basis for children in Reception and KS1 and readily available at a designated place in the school playground.

We appreciate that some children may not like fruit as their mid-morning snack, and would prefer to bring something from home. Therefore, the foods additional to fruit that school recommend are:

- Crackers
- Cheese
- Rice Cakes (Not chocolate)
- Pepperami Stick
- Cooked Meats ie: fridge raiders/ham/sausage rolls/cocktail sausages etc
- Breadsticks
- Dairylea Dunkers/Crackers (or own brand equivalents)
- Philadelphia + breadsticks
- Breakfast Bars (ie: nutri-grain/belvita/go-ahead) – no nut or choc
- Squeezy yoghurts
- Pain Au Chocolate/Crepes/Croissant

7. Assessment, Evaluation and Reviewing

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. If packed lunches persistently fail to meet the expectations set out in this policy parents may be contacted to discuss this further.

Pupils' on special diets following verified medical advice will be given due consideration but we ask parents to support this policy and comply with it.

8. Publication of this Policy

The academy will inform all parents of the policy via Parentmail. The policy will be available on the school's website and will be incorporated into The Knowledge Handbook. The school will use opportunities such as parent evenings to promote this policy as part of a whole school approach to healthier eating. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Appendix 1- Eatwell Guidance

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy (kcal)	Fat	Saturated	Sugars	Salt
250kcal	5g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	30%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016