

Rothbury First School

Healthy Packed Lunch Policy

February 2021

Review Date February 2022

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Statement of intent

Rothbury First School understands the importance of developing healthy food habits in children. This policy has been produced following consultation with parents and carers. We encourage further comment and suggestions to assist with our regular review. The beneficial effects which healthy habits have on concentration, overall school performance and prevention of obesity, are examples of why a healthy packed lunch policy will be implemented.

Rothbury First School meets the requirements of the School Food Standards and aims to maintain these standards across all packed lunches and school dinners.

1. Legal framework

1.1. This policy has been created with regards to the following guidance:

- School Food Plan 'School Food Standards' 2015
- DfE 'School food in England' 2016

2. Aims and objectives

2.1. While maintaining this policy, Rothbury First School aims to:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of packed lunches that pupils consume.

2.2. To comply with our healthy eating policy, parents are required to:

- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating.

3. Food and drink in packed lunches

3.1. Based on the School Food Standards, packed lunches which children bring to eat at Rothbury First School should contain the following:

- One portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese, yoghurt or custard
- An oily fish to be included at least once every three weeks
- Only water, fruit juice, milk, yoghurt drinks or smoothies

3.2. As part of our Healthy Eating Policy, all packed lunches prepared by the school will contain a balance of foods from each food group.

3.3. Packed lunches should contain snacks that comply with Rothbury First School's healthy eating policy – these may include, but are not limited to the following:

- Chopped vegetables, carrot or celery sticks
- A portion of fruit
- Breadsticks

3.4. To allow for the promotion of healthy eating, we request that the following food and drinks are not included in your child's packed lunch:

- Chocolate bars
- Other confectionery items such as sweets or chewing gum
- Carbonated drinks or those containing high levels of caffeine

3.5. The following may be included no more than twice a week as part of a balanced diet:

- Individual meat pies, sausage rolls and corned beef, to limit salt intake
- Plain biscuits and cakes, to limit sugar intake

4. What the school will provide

4.1. In accordance with DfE's guidance 'School food in England' 2016, Rothbury First School will ensure that pupils have access to free, fresh water at any time.

4.2. Clean dining areas are available for all pupils; Rothbury First School will aim to prevent segregation of packed lunch and school dinner pupils.

4.3. Advice for parents regarding our policies and healthy eating regulations will be available at all times.

4.4. Staff and catering members will support families to ensure the packed lunches they provide are healthy.

5. Monitoring and review

- 5.1. The headteachers will review this policy annually and ensure that all procedures remain current and up to date.**
- 5.2. The governors will work with the school to review the packed lunch policy and provide advice and support where needed.**
- 5.3. Any changes to government guidance regarding school food standards may lead to changes in this policy.**
- 5.4. All parents and staff will be notified of any changes made to this policy.**