



Policy for Packed Lunches



At Millfields our priority for packed lunches is the health and wellbeing of our pupils.

Overall aim of the policy:

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.

Whilst working with Hackney Sugar Smart and listening to feedback from parents and families it was agreed that as a school we needed to reduce the amount of sugary food and drink provided and that our policy would prevent these types of foods being provided in school and home packed lunches and school lunches. School packed lunches will no longer contain any processed muffins. Millfields will reduce the provision of a more traditional sweet pudding in school meals to just two days a week leaving fruit, yoghurt and cheese and crackers as choices for the other 3 days.

Our Eco Champions and Plastic Party wanted to find ways to reduce our schools use of plastic. As a school we believe that it is essential we use less plastic so will no longer be providing crisps (which are a high fat snack) or fruit drinks (high in sugar) in cartons with plastic straws.

A Healthy eating working party was formed- SLT-MLT- Kitchen Staff and Learning Champions. Parents were sent questionnaires and contact details to email any suggestions or issues. Questionnaires were given out at parents evening, parents and families had the opportunity to discuss issues with SLT.

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.

National guidance:

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school

hours beginning from September 2018.

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

We recognise 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.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff, SLT, the Catering Manager and midday meal supervisors

Healthy lunches will be rewarded by Marvellous Me badges and stickers

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.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents and the School Nutrition Action Group / Packed Lunch group informed as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the Millfields Mag/Study Bugs/ Email 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.

Vicky Noakes

**Date: September 2018
Review: March 2019**