



Grimsdyke School
Packed Lunch Policy

January 2019

1. Introduction

At Grimsdyke, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. The policy has been developed by drawing on key Government guidance associated with healthy eating and is supported by what is taught in our curriculum where healthy eating is discussed and promoted in a number of subjects. We believe that a healthy packed lunch contributes to the health of children.

2. Aims

- *To improve the nutritional quality of packed lunches and other foods taken into school.*
- *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 nutritional value to food served in school.*
- *To give clear guidance to parents/carers, pupils, governors and staff on providing a healthier packed lunch.*

3. Food contained in a packed lunch or sent from home for consumption in school

Packed lunches should aim to include all of the following every day:

- *Fruit and vegetables – at least one portion of fruit and one portion of vegetables or salad.*
- *A non- dairy source of protein – meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus or falafel.*
- *A starchy food like bread, pasta, rice, couscous, noodles or potatoes.*
- *Dairy foods such as milk, cheese, yoghurt or fromage frais.*
- *Drinks – the school provides water to refill the children's own water bottles; healthy drinks such as water, fruit juice, milk, healthy yoghurt drinks or smoothies should be included in your child's packed lunch.*

To keep packed lunches in line with food based standards for school meals, packed lunches should not include:

- *Pure chocolate bars*
- *Other confectionery such as sweets*

- *Fizzy or sugary drinks*
- *Fast foods such as hamburgers*

Students at Key Stage One are provided with a morning snack of fruit or vegetables and/or a drink of milk if they wish. Where students at Key Stage Two bring their own snack for mid-morning, it should be fruit or vegetables and the above guidance applies.

4. Storage of packed lunches

The school will provide storage areas/ facilities for packed lunch bags in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school. Parents/carers are advised that insulated bags, possibly with a small freezer block are a good option for packed lunches

5. Dissemination of the policy

The school will write to all new and existing parents/carers to inform them of the policy. All school staff including teaching and catering staff will be informed of this policy and will support its implementation.

6. Websites with useful information and further guidance for parents:

<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

<http://realfood.tesco.com/recipes/collections/kids-lunchbox-recipes.html>

<https://www.diabetes.org.uk/diabetes-the...and-diabetes/...diabetes/packed-lunches>

Date passed: January 2019

Date review due: January 2021