



Healthy Packed Lunch Policy

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Statement of intent

Richardson Dees understands the importance of developing healthy food habits in children. The beneficial effects these habits have on concentration, overall school performance and prevention of obesity, are examples of why a healthy packed lunch policy should be enforced.

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

Signed by:

_____ Headteacher

Date: _____

_____ Chair of governors

Date: _____

Review date: _____

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
- Food Information (Amended) (England) Regulations 2019

1.2. This policy will exist in conjunction with Richardson Dees's:

- Allergen and Anaphylaxis Policy.

2. Aims and objectives

2.1. While maintaining this policy, Richardson Dees aims to:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents with 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 at Richardson Dees will 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 will be included at least once every three weeks
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

3.2. All school packed lunches will contain a balance of foods from each food group.

3.3. Packed lunches will contain snacks – 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, the following food and drink are not permitted by Richardson Dees:

- Chocolate bars or chocolate coated biscuits
- 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. Storage and waste disposal

4.1. Packed lunches will be kept in classrooms until lunch time.

4.2. Any food not consumed by a pupil will be sent home with them.

5. Allergies and special diets

5.1. Richardson Dees understands that some pupils may have allergies to some foods or have dietary requirements that do not adhere to this policy. In these cases, pupils affected by specific dietary requirements will be provided with a packed lunch that is as healthy as possible.

5.2. Pupils are not permitted to share or swap any food, including that provided from home in a packed lunch or snacks.

5.3. Food provided for pupils with allergies will be managed in accordance with the Allergen and Anaphylaxis Policy.

6. What the school will provide

6.1. In accordance with DfE's guidance 'School food in England' 2016, Richardson Dees will ensure that pupils have access to free, fresh water at any time although we do encourage children to bring in their own water bottle.

6.2. Clean dining areas are available for all pupils; Richardson Dees will aim to prevent the segregation of packed lunch and school dinner pupils.

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

6.4. Staff and catering members will undertake regular inspections of packed lunches, to ensure that they comply with this policy.

3. Breaches of the policy

- 6.5. Where concerns arise about the contents of a pupil's packed lunch, this will be dealt with appropriately. Leaflets will be sent home in the packed lunch explaining the school's policy.
- 6.6. Any food that is not compliant will be confiscated and returned to the pupil at the end of the day. The school will provide alternative food items.
- 6.7. If a pupil brings a lunch that is completely inappropriate, the school will provide a replacement meal for which parents will be charged.
- 6.8. If a pupil continues to bring a lunch that is not in line with this policy, the school will contact parents to discuss this further.

7. Monitoring and review

- 7.1. The headteacher will review this policy annually and ensure that all procedures remain current and up to date.
- 7.2. The governing board will work with the school to review the packed lunch policy and provide advice and support where needed.
- 7.3. Any changes to government guidance regarding school food standards may lead to changes in this policy.
- 7.4. All staff will be notified of any changes made to this policy.