

All Saints Catholic Primary School



Packed Lunch Policy

'Eat Better - Do Better'

As you will be aware our school meals have improved recently and we have worked very closely with Sefton Catering to provide healthy nutritious meals. As part of this we are working towards a whole school approach to healthy eating, this includes packed lunches.

Aims and Objectives

Our school policy on healthy packed lunches is based on the notion that here at All Saints we will:

- Show the same commitment to developing healthy eating habits in children opting for a packed lunch, as we do for those who have a school dinner.
- Work with parents/carers to ensure that packed lunches are both healthy and nutritious and follow the school food standards.
- Provide parents/carers with up to date nutritional information/guidelines as necessary.
- Promote consistency between packed lunches and food provided by schools, which must adhere to national standards, set by the government.
- To encourage a happier and calmer population of children and young people, ready to learn and able to concentrate.

It is our school policy that children not eating a school dinner bring in a healthy packed lunch.

- NO fast food/takeaway meals e.g McDonald's Please.
- In the unlikely event of a child forgetting to bring lunch, school maybe contacted to provide a nutritious meal (hot or cold).

What do All Saints consider to be a 'healthy' packed lunch?

- **NO** fizzy drinks or energy drinks.
- Fresh fruit/vegetables – apple, satsuma, handful cherry tomatoes, carrot sticks, small box raisins.
- Water to drink (still and unflavoured is best).
- A good portion of starchy food e.g wholegrain roll, tortilla wrap, chapatti, pitta pocket, pasta or rice salad.
- A portion of lean meat, fish or alternative e.g. chicken, ham, beef, tuna, egg, beans or hummus.
- No sweets.

A small packet of crisps or a chocolate biscuit can be included from time to time for variety and as a treat e.g once a week).

(adapted from the Department of Health's Food in Schools)

Healthier Lunchbox Tips

- Try different breads or other starchy foods for variety.
- Use spread sparingly and opt for reduced fat spread or reduced calorie mayonnaise.

- Include brightly coloured fruit and vegetables.
- Add salad to sandwiches and chopped vegetables to salads

The key to a healthy packed lunch is getting the right balance and choosing a wide variety of foods, which will help provide all the nutrients children need to grow and be healthy. Having a healthy lunch does not mean giving up all foods children enjoy. Foods such as a slice of malt loaf or banana bread, a fruit scone.

The Role of School.

We Will:

- Provide suitable dining arrangements for pupils have a school meal or packed lunch.
- Be aware of nut allergies and cultural beliefs.
- Give children access to fresh water throughout the school day.
- Educate children in the benefits of eating a balanced healthy diet.

The Role of Parents

- To support school by providing children with a nutritious healthy packed lunch each day.
- Provide a clean suitable lunchbox each day. (*we do not expect parents/carers to go out and purchase expensive lunchboxes*).
- Inform school of any allergies or medical conditions related to food.
- To include appropriate cutlery etc. required to accompany enclosed food.

Snacks

- Our school is part of the school fruit and vegetable scheme which provided a portion of fruit and vegetables to pupils in Reception and KS1.
- A junior 'healthy' tuck shop is available during morning break where children can purchase an item of fruit.
- Only fruit and vegetables can be eaten at break-time.

Take care with the number of items or amount of food you put in the packed lunch. It is better that children eat everything up rather than get fed up halfway through and waste food.

Where possible, we encourage children to take back home the items they have not eaten. This is so parents/carers can monitor eating habits/preferences etc.

Health Issues/Religious Beliefs

- For this reason children are not allowed to swap food items.
- School must be kept up to date and informed of any allergies or changes.