



# SURREY STREET PRIMARY SCHOOL

*Learning for life at Surrey Street where the social, emotional, spiritual, physical and learning needs of every member of the school community are met*

## Packed Lunch Policy

**November 2022**

Document Status	
Review requirements	<b>Every 2 years</b>
Date of next Review	<b>November 2024</b>
Approval Body	<b>Headteacher</b>

## **Non-Statutory**

Surrey Street Primary is committed to promoting and respecting the health, safety and wellbeing of all our children and any adults who work in our school

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## Introduction

At Surrey Street Primary we want our children to develop healthy eating habits, ensuring they get the right energy and nutrition to thrive in school and beyond. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. Packed lunches can contribute to almost a third of a child’s weekly food intake and therefore need to be balanced and nutritious.

## Objectives

- To improve the nutritional quality of packed lunches in school and the eating habits of children at lunchtimes
- To develop an awareness that the school takes a proactive approach to promoting healthy eating
- To encourage healthy eating habits in childhood that can influence health and wellbeing in later life
- To ensure that food brought into school (packed lunches) reflects and meets food standards for school food

## Children’s packed lunches should include items from the four main food groups:

### 1. Bread, rice, potatoes and pasta

These starchy foods are a healthy source of energy. Packed lunches should include a portion of this food type, for example slices of bread, pitta, bagels, tortilla wrap, pasta salad, couscous, noodles and rice or potato salad.

### 2. Fruits and vegetables

These foods provide vitamins, minerals and fibre. Packed lunches should include at least one portion of fruit or vegetables/salad.

Fresh fruit (whole or in chunks), salad vegetables (can be added to sandwiches), sliced or baby vegetables, fruit salad tinned in juice (with no added sugar, salt, or sweetened syrup), fruit juice, dried fruit, cherry tomatoes, carrot sticks, fruit chunks, grapes, satsumas, pear, apple, banana, raisins, apricots, salad or vegetables within pasta salad.

### 3. Milk and dairy foods

These foods provide calcium for healthy bones and teeth. Include one portion at lunch, for example a yoghurt, fromage frais, cheese, drinking yoghurts or cheese dips with vegetable sticks

#### 4. Meat, fish, eggs or alternative foods

These foods provide protein for growth. Packed lunches should include one portion of these foods, for example ham, chicken, tuna, boiled egg as a filling in a sandwich or a mixed bean salad. Alternatives include vegetables, hummus or beans/lentils.

A school dinner or a full packed lunch is required for all five days of the week, including Fridays.

#### Drinks

School ensures that fresh, palatable, free drinking water is available to all pupils and easily accessible. Drinks that are encouraged are still water, fruit juice (with at least 50% fruit juice), vegetable drinks, semi skimmed or skimmed milk, yogurt, smoothies, plain soya, rice or oat drinks enriched with calcium.

Fizzy or carbonated drinks and drinks in glass bottles are **NOT** allowed in packed lunch boxes.

**Please support the school by not providing the following items in your child's packed lunch:**

#### Foods which are high in fat and /or sugar

It is important not to fill up on too many foods that are high in fat and/ or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/ salted popcorn, squash and fizzy drinks are not usually available in school.

#### Restricted items

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches cannot contain any of the following:

- Fizzy/ sugary drinks in cartons, bottles or cans
- Chocolate-coated products, sweets or confectionary examples include: Mars Bars, Smarties
- Chocolate spread as a filling for sandwiches this includes Nutella
- Sugared or toffee popcorn
- Any products containing nuts
- Energy drinks
- Chips and fried foods (such as chicken nuggets)
- Cold take-away food

Snacks such as crisps in the lunch box, are not encouraged every day. Try healthier alternatives such as savoury crackers or breadsticks.

Chocolate covered biscuits and wafers are allowed but only as part of a balanced diet. These include Penguins and Kit Kats.

Cakes and biscuits are allowed but again only as part of a balanced diet, try to include plain or fruit scone or malt loaf.

Sweets are **NOT** allowed, try replacing with fresh fruit.

Meat products such as sausage rolls, pies and corned beef should be used occasionally only

### **Products containing nuts**

Packed lunches should **NEVER** contain nuts or nut-based products. Products containing nuts include, but are not limited to:

- Peanut butter
- Chocolate spreads, including Nutella
- Cereal bars
- Cakes and biscuits

### **General**

Midday Supervisors check whether the children have eaten the food in their packed lunch and encourage children to eat food that they have left. Uneaten food is returned to packed lunch boxes so that parents can see what is being eaten by their child.

- Parents should try to ensure that lunches are in insulated bags and that small gel packs or ice packs are used to keep food cool.
- Parents should provide cutlery for items such as yoghurts. These should be placed in the packed lunch box.
- Parents should ensure that lunch boxes and any cutlery are washed on a daily basis .