

OUR LADY QUEEN OF PEACE R.C. PRIMARY SCHOOL



Food in School, including Packed Lunch Policy

In our school we believe that each person is unique and created to flourish in God's image. We aspire to excellence through a nurturing environment in which every child takes Jesus Christ as their model and develops their individual gifts so that they live fully and serve others.

Agreed:

Date:

8.5.18

Review Date:

Spring 2020

AIM

To ensure that all aspects of food and nutrition in Our Lady Queen of Peace RCVA Primary School promotes the health and well-being of pupils, staff and visitors to the schools.

RATIONALE

In our school we see there being an important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. We want to see our school as a 'Health Promoting' environment. We recognise the need to reflect on the provision of food and health in our curriculum.

OBJECTIVES

1. To review the curriculum to ensure food and nutrition information is consistent and up to date in different subject areas, including Design and Technology.
2. To improve the health of pupils, staff and their families by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes healthy eating.
3. To ensure pupils are well nourished at school, and that every child has access to safe, tasty and nutritious food.
4. To make the provision and consumption of food an enjoyable and safe experience.
5. To monitor menus and food choices to inform policy development and provision.
6. To promote healthy eating and drinking messages through special projects, eg. 'Healthy Eating' weeks

ACTIONS

1. To continue to discuss food provision and food-related issues at the school council meeting.
2. To continue to monitor teaching about food and cooking across the school in relevant curriculum areas.
3. Continue to promote healthy eating through special projects.
4. Promote children eating fresh fruit and healthy snacks at breaktimes and, when appropriate, provide a fruit tuck shop where children may purchase fruit, smoothies etc.
5. Continue with Cookery Clubs.
6. To actively promote feedback and involvement from parents by continuing to invite them to share school meals or taster sessions.

MONITORING AND EVALUATION

- ❖ School Council –to report on progress and contribute to menu reviews etc.
- ❖ Try to involve more staff in healthy eating / practical issues relating to health and diet.
- ❖ School Cook to give feedback to School Meal Provider with regard to quality of ingredients, menus and enjoyment of meals.
- ❖ School to offer guidelines for packed lunch items.

CONCLUSION

Our expectation is that, through the implementation of this policy, the general health and well-being of all of the pupils, staff and visitors to the school will be good.

Appendix: Packed Lunch Policy and Guidance

This guidance has been developed by a group of multi-agency partners involved in reducing childhood obesity, promoting the health and well-being of young people and the provision of catering services in schools.

Additional guidance and advice on providing healthy packed lunches is available from a number of sources including the Children's Food Trust <http://www.childrensfoodtrust.org.uk/>

As part of the Government's approach to reducing childhood obesity a Cross Government Strategy for England, *Healthy Weight, Healthy Lives* was launched in January 2008. This strategy outlines an expectation on all schools.

To promote a culture of healthy eating the government now expects all schools – in consultation with parents, pupils and staff to adopt whole school food policies. In particular, schools will be expected to:

- develop healthy packed lunch policies, so that those not yet taking up school lunches are also eating healthier

Introduction

To grow and stay healthy children need to eat a nutritionally well balanced diet. 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.

Aim

To ensure that packed lunches (brought in from home) reflect the standards for school meals.

Rationale:

- Schools are required to positively promote the health and well-being of its pupils. Work around healthy eating is a high priority.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- The contents of lunchboxes in some schools can be extremely unhealthy, recent audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Objectives

- To improve the nutritional quality of packed lunches in school and the eating habits of children at lunchtimes

- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well-being in later life.
- To ensure that food brought into school (packed lunches) reflects and meets food standards for School Food.

Implementation

This packed lunch guidance fits within a wider context of promoting a whole school approach to food and healthy eating.

- Children's packed lunches should be based on the 'Eatwell Plate' model which shows items the 5 main food groups; (Food Standards Agency 2007).

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods

Foods and drinks 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.

Drinks – any drinks provided in lunch boxes should only include either plain water, milk, unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

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

- Fizzy / sugary drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee and salted popcorn
- Savoury snacks high in salt and fat
- Nuts
- Sweets

(Additional information is available with ideas and examples of foods that can be included in packed lunches). *Children's Food Trust*
<http://www.childrensfoodtrust.org.uk/>

Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Promotion of Healthy Packed Lunches

There will be ongoing promotion of the need to provide healthy packed lunches through:

- Pupil, parent / carers newsletters
- Whole School / Packed Lunch Policy

Health weeks / healthy eating activities
Curriculum content
Parents evenings / parent consultations
School website
Professional development for school staff
Workshops for parents

Packed Lunch Containers

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches

The school will provide storage trolleys 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.

Dining Facilities for Pupils Bringing Packed Lunch

The school will provide an appropriate area where pupils who choose to bring packed lunches can eat.

Monitoring and Evaluation

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with timely and sensitively.

Guidance Review

This guidance will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

Equality statement

- The governors and staff are committed to providing the full range of opportunities for all pupils, regardless of gender, disability, ethnicity, social, cultural or religious background. All pupils have access to the curriculum, and the right to a learning environment, which dispels ignorance, prejudice or stereotyping.
- This policy has been impact assessed by governors in order to ensure that it does not have an adverse effect on race, gender or disability equality.