

Holy Cross Catholic Primary Academy

Lunchbox Policy

Revised September 2020 in line with our COVID Risk Assessment



**Jesus is the centre of our lives,
Our learning and friendships,
In a safe, happy and caring community
Where all are welcome.**

Purpose of the policy

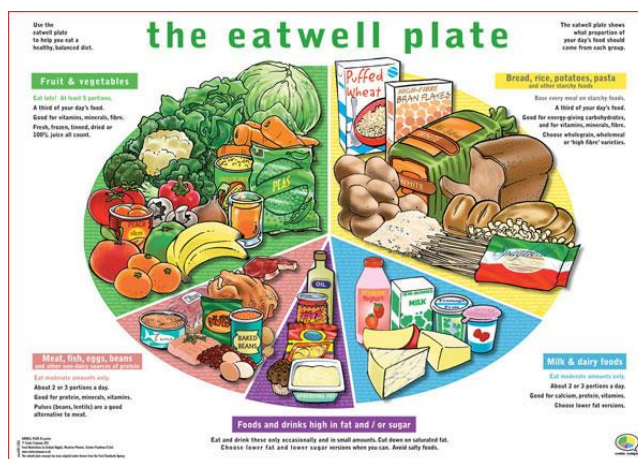
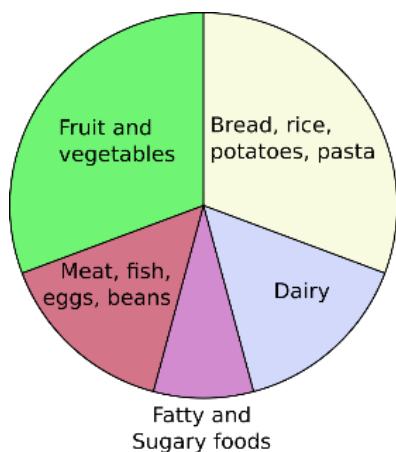
This policy is part of our whole school food policy, and aims to give clear guidance to parents and carers, pupils, governors and staff on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

This policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

Development of the policy

This example packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell Plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day.



School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations and guidance for healthy school meals and packed lunches and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (eg.crisps and chocolate) should not be included in a packed lunch, and should be consumed out of school hours.

We also ask that parents of Key Stage Two children respect the policy to support a no meat Friday in accordance with Church recommendations.

Content of packed lunches - Foods to include:

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches and should include the following:

- Fruit and Vegetables: at least one portion of fruit and one portion of vegetables (seasonal if possible)
- Protein: meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and dhal)
- Oily fish: such as tinned or fresh mackerel, sardines and salmon, and fresh skipjack tuna (tinned tuna is not counted as an oily fish)
- Carbohydrate: starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy: food such as milk, cheese, yoghurt, fromage frais, or calcium fortified soya products, reduced fat versions of these should be used where possible
- Drinks: chilled water will be available. No Fizzy drinks
- Fruit based pudding such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding,

Packed lunches should NOT include any of the following:

- Juices, fizzy/sugary drinks in cartons, bottles or cans (including diet drinks and energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionery such as sweets and chocolate
- Chocolate spread as a sandwich filling.
- Popcorn, crisps including quavers, baked crisps, mini cheddars, processed fruit snacks for example fruit winders.

Special diets and allergies

We ask Parents/Carers NOT to put any nut based products in to their child's packed lunchbox due to any nut allergies in the school. The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case Parents and Carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

- **Packed lunch containers**

We ask that Pupils and Parents/Carers

- Provide disposable containers for packed lunch to minimize items going from home to school and vice versa

Staff

Staff commit to support a whole school approach, staff are encouraged to comply with the policy when bringing in packed lunches and eating these with pupils.

Facilities for packed lunches

We will

- Children will eat their lunch in their classroom along with children who have requested a school packed lunch.
- Packed lunch will be stored either in the classroom or packed lunch trolley

Monitoring

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

We will not confiscate children's food items if they are unhealthy but speak to the parents at the end of the day. If children continue to bring in unhealthy items, the Healthy Schools Lead will meet with the parents. Children are to be rewarded with stickers and certificates for eating a healthy packed lunch and trying new foods.

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches. We will send out reminders each term to parents and offer workshops with the Healthy eating team to parents about how to provide a healthy packed lunch box. We will also give out recipe ideas in our newsletters.

Policy Review

This policy 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.

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