



Fleet Primary School

Fleet Road Hampstead London NW3 2QT

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Headteacher: Don McGibbon



Healthy Packed Lunch Policy

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Head Teacher: Don M^cGibbon

Chair of Governors: Kim Issroff

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1. Introduction

At Fleet we believe that for children to have the best possible learning, health and life outcomes, they need a healthy and balanced diet. We are committed to promoting healthy living through our curriculum, school dinners and wider opportunities.

At Fleet we provide school dinners which meet the National School Food Standards. However, we recognise a number of children and families may prefer to provide a packed lunch for their children and not rely on school provided meals.

Through this policy, we want to support our families whose children have packed lunches, to provide a healthy, balanced meal.

This policy applies to all pupils who have packed lunches at school or on school trips during school hours.

2. Aim

- To ensure that all packed lunches brought from home and consumed in school and on school trips provide the pupil with healthy and nutritious food.
- To make a positive contribution to children's health
- To promote consistency between packed lunches and food provided by Fleet Primary School which must adhere to national school food standards set by the government.

3. Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- A non-dairy protein every day e.g. lentils, beans, chickpeas, meat or fish
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (aim for wholegrain varieties).
- A portion of dairy every day, such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais, or soya products
- Only water (semi-skimmed or skimmed milk is permitted).
- If a pudding is included we ask that it is fruit based e.g. fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice) and fruit based crumbles. This is in line with the fruit based pudding that children with school meals receive.
- An additional option could include savoury crackers or breadsticks served with fruit, vegetables or dairy food.

4. Packed lunches should not include:

- High salt snacks, such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included no more than twice a week.
- Juice, Fizzy or sugary drinks (22.5g sugar per 100g is high; 5g per 100g is low).

5. Special diets and allergies

We would like to remind parents and carers that we do not allow nuts in school due to allergies that exist. Please check all food that is brought in to school to ensure there are none containing nuts.

The school recognises that some pupils may require special diets that do not allow for the school food standards to be met exactly. In this case parents and carers are encouraged to provide foods which are comparable to those mentioned within the guidance in order to ensure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed Lunch Containers

Students and parents/carers are responsible for providing an insulated packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Students and parents/carers are encouraged to bring packed lunches in reusable containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature. You may want to include an ice pack to help keep food cool when appropriate.

6. Facilities for packed lunches

We will:

- Provide appropriate facilities to store packed lunches - packed lunch containers are stored on the packed lunch trolley outside the hall. They are collected on the way in to the lunch hall and returned there when the child has eaten. They should be taken home every day at the end of school.
- Provide free, fresh drinking water.
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

7. 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 providing healthy packed lunches. If children consistently bring packed lunches that do not meet these guidelines a letter will be sent home along with a copy of this policy.

8. Disseminating the policy

Key information from this policy will be incorporated into the following documents:

- Staff Handbook
- Governor Handbook
- School website

A full copy of this policy is freely available to parents on request from the school office. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.



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Appendix 1: Letter for Parents: Packed Lunch FAQs Information

Dear Parent/Carer,

We are writing to let you know about the school's Healthy Packed Lunch Policy. This policy has been in place for some time and was recently reviewed at the Full Governing Body Meeting. The Healthy Packed Lunch Policy aims to give clear guidance to parents, carers and pupils on healthy packed lunches. A healthy packed lunch can contribute to the health of children and needs to be consistent with the nutritional standards provided by school meals. Healthy packed lunches will contribute to your child's growth and development as well as their ability to learn and concentrate at school. This policy applies to all packed lunches consumed **within school, on school trips and on school journeys.**

Special diets and allergies

We ask that parents/carers be aware of nut allergies.

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.

Facilities for packed lunches

We will:

- Provide appropriate facilities to store packed lunches - packed lunch containers are stored on the packed lunch trolley outside the hall. They are collected on the way in to the lunch hall and returned there when the child has eaten. They should be taken home every day at the end of school.
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

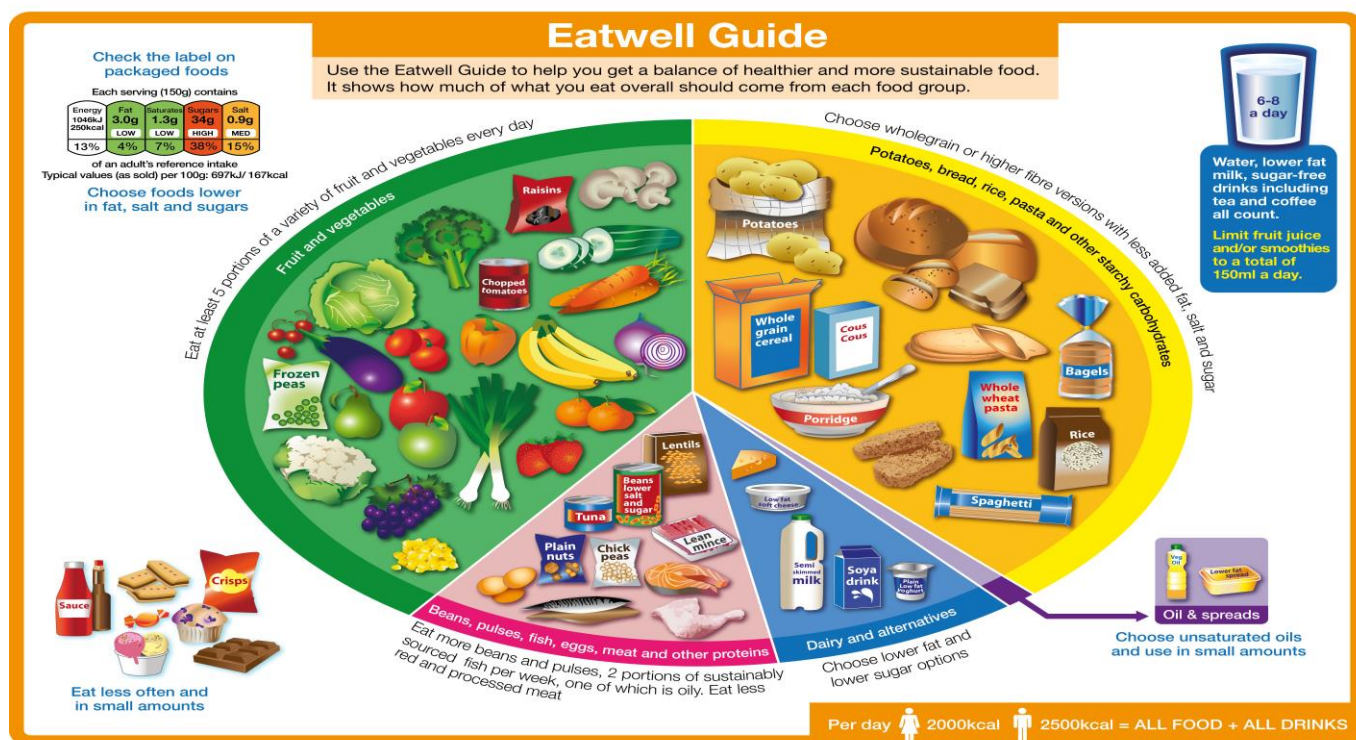
Monitoring

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.

Foods that should be included EVERY DAY:		Why?
✓ A starchy food	Such as bread, pasta, rice, couscous, noodles or potatoes. Choose wholegrain varieties where possible.	These foods give your children energy as well as containing fibre and important vitamins and minerals such as Vitamin B.
✓ Fruit	At least one portion of fruit every day.	Fruits contain many vitamins and minerals.
✓ Vegetables	At least one portion of vegetables every day.	Vegetables also contain many vitamins and minerals and make low fat, filling snacks.
✓ Beans, pulses, fish, eggs, meat and other proteins	Choose lean options where possible and avoid processed items such as sausage rolls and Peperami. Include oily fish such as salmon, mackerel, kippers, and sardines at least once every three weeks.	Protein foods aid growth and repair, as well as providing minerals such as iron. Oily fish contains Omega-3 which contributes to brain function. Processed products are often very high in salt and fat.
✓ Dairy foods	Such as milk, cheese, yoghurt, fromage frais and soya products. Opt for cheeses which are lower in fat and not highly processed and choose plain, low fat natural or Greek yoghurts instead of flavoured if possible.	Dairy foods provide calcium which is essential for healthy bone development and growth. Processed cheese products such as cheese strings and Dairylea Dunkers are often higher in salt and flavoured yoghurts are higher in sugar.
✓ A drink	Water is always the best choice of drink for children. Semi-skimmed or skimmed milk can be included also.	Drinking 6-8 glasses / 1.5 litres of water throughout the day will keep children hydrated and aid concentration in school. Fruit juice and smoothies are high in sugar and so should be limited in consumption to outside of school.

Confectionary, cakes, biscuits, crisps and sugary drinks should NOT be included in packed lunches. These items are not needed as part of healthy diet and are high in fat, sugar and salt which can lead to weight gain and health problems in both the long and short term, such as tooth decay, heart disease and diabetes.

Choose foods lower in fat, salt and sugar.		Why?
X	Crisps, cakes and biscuits are not permitted.	High fat and sugar foods can contribute towards weight gain and tooth decay. Consuming salty snacks can contribute to dehydration, and also to high blood pressure in later life.
X	Confectionery is not permitted	These foods are high in fat and sugar which can contribute to weight gain and tooth decay. These foods also provide little nutritional benefits for children.
X	Processed meat, fish and vegetable products should be avoided	These products are often of low quality meat and fish and contain high amounts of fat and salt.
X	Fizzy or high sugar drinks are not permitted.	Fizzy and high sugar drinks can contribute to tooth decay and weight gain. Fresh fruit juice is high in sugar (although natural sugars still should be limited in a healthy balanced diet).



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Below are the answers to some questions that you might have:

Why introduce more rules? As parents we would like to decide what to provide in our children's packed lunches

- Being a Healthy School means we want to do everything we can to encourage healthy food and drink choices and we want to work with you to do this.
- Evidence shows that some packed lunches can be less nutritionally balanced compared to school meals.
- We hope the policy provides a simple guide for parents and helps to clarify confusing food marketing messages found on many packaged foods.

How can I get my child to eat more fruit and vegetables?

- You could provide your child with a wide variety of fruits and vegetables in their packed lunch and find out which ones your child likes.
- Praise your child for eating fruits and vegetables and try to avoid making negative comments.
- Changing from packed lunches to school meals may encourage your child to eat a greater variety of fruits and vegetables.

Fruit ideas	Vegetables ideas
Canned fruit in natural juice	Grate vegetables for sandwich filling e.g. carrot
Fruit pieces in natural or Greek yoghurt	Vegetables sticks with dip
Banana or strawberry sandwich	Pasta, rice or couscous salad with vegetables
Add apple to green salads	Canned vegetables e.g. no added salt corn

What is considered a healthy drink? Isn't fruit juice healthy?

- Water and milk are the best choices for hydration and to strengthen children's teeth.
- Current UK dietary recommendations outline that no more than 5% of total dietary energy should come from free sugars, which are found in 100% fruit juice, fruit juice containing less than 100% fruit and other sweetened drinks. Many children are currently consuming on average, three times the recommended amount of free sugars, which can contribute to tooth decay and weight gain.
- The recommendation is that 100% fruit juice or home-made fruit smoothies should be limited to no more than 150ml per day to prevent tooth decay. They can provide a good source of vitamins, minerals and calcium but need to be limited due to their high sugar content and so we advise they not be brought into school as children need more to drink than 150ml.

Healthy drink ideas

Water (can be flavoured with fresh mint and cucumber)

Milk

Children on school meals receive puddings every day, so why can't children with packed lunches have sweet cakes and biscuits?

- School meal puddings adhere to the National School Food Standards, and are fruit or dairy based and contain reduced amounts of fat and sugar.
- Providing a fruit or dairy based pudding can be a great way of encouraging children to eat more fruit and dairy foods.

Fruit and dairy based pudding ideas

Fruit salad

Tinned fruit in natural juice with yoghurt

Plain custard

Plain rice pudding

Fruit based cakes or crumbles

100% dried fruit or 100% fruit based snacks (more tooth friendly when eaten with a meal)

Are baked crisps ok in packed lunches?

- Although the fat content of baked crisps may be less than original types, the salt content still remains high.
- Too much salt in a child's diet affects their hydration and can lead to high blood pressure later in life.

Healthy snack ideas

Rice cakes with cream cheese

Plain pop corn

Rice cakes with tomato slices

Fruit pieces

Bread sticks with beetroot dip

Vegetable sticks

What types of yoghurts are best?

- *Low fat natural yoghurt, Greek yoghurt or fromage frais are best for children to have in their packed lunches daily.*
- *Including a portion of dairy in your child's packed lunch is important for the development and growth of their bones and teeth.*
- *Sugary flavoured yogurts such as Muller corners and Frubes contain free sugars, which can contribute to tooth decay and weight gain.*

Yoghurt ideas

Natural yoghurt with fresh, dried or tinned fruit
 Natural yoghurt with cinnamon and nutmeg
 Greek yoghurt with un-toasted muesli
 Greek yoghurt with fruit compote
 Bircher muesli

How can I reduce the fat content of my child's packed lunch?

- *Reducing how often packaged foods are in your child's packed lunch will help. Many packaged foods such as pepperoni, croissants, brioche buns, sweet biscuits and cakes contain surprisingly high amounts of fat.*

Healthier options

Hummus with crackers	Cream cheese and crackers
Tinned corn and beans mixes	Pieces of cheddar or mozzarella cheese
Bagels or English muffins	Tinned tuna in spring water or oil and crackers

Yours Sincerely,



Don M^cGibbon
 Head Teacher



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Appendix 2: Letter to parents: inappropriate packed lunch items

Dear Parents / Carers

This is just to remind you that packed lunches do need to follow the school's Healthy Packed Lunch Policy. Today, {Child's name} packed lunch did not follow the policy. Ensuring {Child's name} has a healthy and balanced packed lunch everyday will help them to stay healthy and have the right kind of energy to focus on their learning and make the most of their time in school. Please see the information below for guidance.

Foods that should be included EVERY DAY:		Why?
✓ A starchy food	Such as bread, pasta, rice, couscous, noodles or potatoes. Choose wholegrain varieties where possible.	These foods give your children energy as well as containing fibre and important vitamins and minerals such as Vitamin B.
✓ Fruit	At least one portion of fruit every day.	Fruits contain many vitamins and minerals.
✓ Vegetables	At least one portion of vegetables every day.	Vegetables also contain many vitamins and minerals and make low fat, filling snacks.
✓ Beans, pulses, fish, eggs, meat and other proteins	Choose lean options where possible and include oily fish such as salmon, mackerel, kippers, and trout at least once every three weeks .	Protein foods aid growth and repair, as well as providing minerals such as iron. Oily fish contains Omega-3 which contributes to brain function.
✓ Dairy foods	Such as milk, cheese, yoghurt, fromage frais and soya products. Opt for cheeses which are not highly processed and choose plain, low fat natural or greek yoghurts instead of flavoured.	Dairy foods provide calcium which is essential for healthy bone development and growth. Processed cheese products such as cheese strings and DairyLea Dunkers are often higher in salt and flavoured yoghurts are higher in sugar.
✓ A drink	Water is always the best choice of drink for children. Semi-skimmed or skimmed milk can also be included.	Drinking 6-8 glasses / 1.5 litres of water throughout the day will keep children hydrated and aid concentration in school. Fruit juice is high in sugar and should be limited to no more than 150ml per day so we avoid in school.

Choose foods lower in fat, salt and sugar.		Why?
X Crisps, cakes and biscuits are not permitted.	Instead of high fat and sugar snacks you could include seeds, plain popcorn, rice cakes, vegetables and fruit. Fruit or vegetable based cakes are permitted but should be limited.	High fat and sugar foods can contribute towards weight gain and tooth decay. Consuming salty snacks can contribute to dehydration, and also to high blood pressure in later life.
X Confectionery is not permitted	Products that contain chocolate as well as chocolate bars, chocolate-coated biscuits, chocolate spread and sweets.	These foods are high in fat and sugar which can contribute to weight gain and tooth decay. These foods also provide little nutritional benefits for children.
X Processed meat, fish and vegetable products should be avoided	Such as sausage rolls, individual pies, corned meat, samosas, sausages and fish fingers should be included only occasionally.	These products are often of low quality meat and fish and contain high amounts of fat and salt.
X Fizzy or high sugar drinks are not permitted.	Such as Capri Suns, Fruit Shoots, Ribena and Sunny D. Opt for water, fresh fruit juice or milk instead.	Fizzy and high sugar drinks can contribute to tooth decay and weight gain.



School lunches are also another alternative you may want to consider.

Please help us to make sure that your child has the healthiest lunch possible. If you want to discuss this further please come and make an appointment to see us.

Thank you for your support.

Don M^cGibbon
Head Teacher