



Saint Martin de Porres

Catholic Primary School

PACKED LUNCH POLICY

'Through Jesus we achieve our very best.'

Approved and adopted: By FGB 16/9/15

Due for review: Sept 2018

Aim: To ensure that all the packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food similar to food served in schools, which is now regulated by national standards.

St Martin de Porres Primary School is situated in Moseley, South of Birmingham. The area has a mixture of residential properties, with some streets being among the most expensive in the city and others consisting largely of social housing and other rented accommodation.

We are a Catholic school with a diverse ethnic and cultural mix of children, the largest proportion being of Pakistani heritage. We have an average of 202 pupils on roll of which the number of pupils from minority ethnic groups is higher than the national average.

As part of our healthy school policy, the government and NHS recommend that the following information should guide parents and carers in preparing children's daily lunchboxes to sustain a healthy diet. This is one of the key elements in enabling them to develop both physically and mentally, thus helping them to fulfil their true potential.

This policy was formulated following an analysis of a lunchbox survey completed by the children. The results showed a high proportion of salt and fat intake, but equally as concerning was the consumption of sugar, which had the highest percentage. High levels of this nature could result in over active behaviour and poor concentration within the learning environment.

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools Toolkit (Department of Health) and Food Policy in Schools – a strategic policy framework for governing bodies (National Governors' Council, 2005), also with support from Food Net.

This policy applies to all pupils and parents providing packed lunches to be consumed within the school or on school trips, during normal school hours, from the beginning of September 2015.

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Food and drink in packed lunches:

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible, to stop food getting warm.

Hot food in flasks must not be brought in to school.

Wherever possible, the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should include:

- At least one portion of fruit or vegetable every day for vitamins and minerals.
- A starchy food every day for energy and concentration eg any bread, wrap, chapatti, pasta, rice, noodles or potatoes.
- Meat, fish or another source of non-dairy protein eg eggs, lentils, kidney beans, chickpeas, or hummus. And/Or • Dairy food e.g. milk, cheese, yoghurt, fromage frais or custard.
- A drink of water (still or sparkling), pure fruit juice, semi-skimmed or skimmed milk or a smoothie. We advise strongly against Capri-Sun, and Fruit Shoots which are high in sugar.

Packed lunches should NOT include:

High fat savoury snacks such as crisps, sausage rolls, pasties, fried samosa. **NO** nuts (for health and safety reasons for those children with nut allergies)

High sugar and fat snacks such as chocolate bars, chocolate coated biscuits, sweets, cakes and biscuits.

Optional

Either **one** small cake **or** biscuit **or** small bag of healthier option crisps is allowed on a Friday.

These foods should only be eaten occasionally as part of a balanced meal.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets that do not allow for standards to be met exactly. In these cases, parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.