



# Beaver Road Primary School

## Packed Lunch Policy

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**Date reviewed: January 2022**

**Date of next review: January 2025**

## Introduction

At Beaver Road, we believe health is vitally important for everyone. Whatever our differences may be, health is our most important commodity and essential if children are to achieve their full potential. As a Rights Respecting School, we acknowledge under Article 24 the importance of working together with parents and carers to provide children with nutritious food so that they stay healthy. Together we are duty-bound to ensure children realise these rights.

**Article 24** - Children have the right to good quality health care, to clean water, nutritious food, and a clean environment, so that they will stay healthy.

Beaver Road Primary School is aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food on the health and behaviour of children and young people. The School also understand the need to improve the diets of children and young people and the role the School can play in this.

## Aim and Objectives

The school aims to work to improve the whole school community by equipping pupils and their families with ways to establish healthy habits that benefit both themselves and the environment.

We provide good quality, affordable, healthy food in school whilst respecting the environment. We will encourage all food brought into school to be good quality and healthy too.

To ensure that packed lunches (brought from home) are healthy, tasty and as nutritious as possible.

## Packed Lunch

The School follows the Government guidelines for a healthy packed lunch, (an example of this can be found in appendix A) it is recommended that:

- One portion of fruit and one portion of vegetables or salad every day to be included in packed lunches.
- Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel.
- An oily fish, such as salmon or tuna, should be included at least once every three weeks.
- A starchy food, such as bread, pasta, rice, couscous, noodles, potatoes or other cereals should be included every day.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day.
- Free, fresh drinking water should be available at all times.
- Include only still water, fruit juice, semi-skimmed or skimmed milk, yoghurts or milk drinks or smoothies. (No canned fizzy drinks).

- Meat products such as sausage rolls, individual pies, corned meat and chipolata sausages should be included only occasionally.
- Except on Treat Friday\* snacks such as crisps should not be included. Instead, vegetable or dried fruit (with no added salt, sugar or fat). Savoury crackers or bread sticks served with fruit, vegetables or dairy food are also a good choice.
- Except on Treat Friday\*, confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but should only be part of a balanced meal.

\*Every Friday the school will allow this to be included in packed lunches, the school also serves a pudding on a Friday with its school meal as a treat, we call this Treat Friday.

## **Special Dietary Requirements**

The school also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

## **Dining Facilities for Children Bringing Packed Lunches**

We do not segregate our packed lunch children from our school dinner children. Packed lunch children can eat with their friends in the dining room. Weather permitting they can eat “Al fresco” outside.

## **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. Parents are advised that glass bottles are not permitted in school for the safety of children at lunchtimes.

## **Storage of Packed Lunches**

The school will provide a storage area/ facilities for packed lunches, 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 brought into school.

## **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.

## **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 will be dealt with sensitively.

# me sized meals

When we eat more than our bodies need, it turns to stored fat.

We need Me Sized Meals. This lunch box highlights what foods and how much should be included for children aged 4 - 11.



