Rosary Catholic Primary School

Packed Lunch Policy

Packed Lunch Policy

Purpose of the policy

The Rosary is a Camden Healthy School and we hope that all parents and carers will support this packed lunch policy.

This policy is part of our whole school food policy and aims to give clear guidance firstly to parents and carers, but also pupils 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.

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*
- *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 EVERYDAY:		Why?
✓ A starchy food	Such as any type of bread, pasta, rice, couscous, noodles, or potatoes. Wholegrain varieties such as granary or wholemeal bread or pasta and brown rice are even better choices.	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 for children.
✓ Meat, fish or other sources of non-dairy protein	Such as turkey, chicken, ham or tuna. Non-meat options could include eggs, lentils, kidney beans, chickpeas, hummus or falafel, particularly if your child is vegetarian. Avoid processed meat options such as sausages.	Protein foods aid growth and repair, as well as providing minerals such as iron.
✓ Dairy foods	Such as milk, cheese, yoghurt, fromage frais and soya products. Choose unprocessed varieties of cheese and natural or plain low fat greek yoghurts instead of flavoured if possible.	Dairy foods provide calcium which is essential for healthy bone development and growth.
✓ A drink	Water is always the best choice of drink for children. Pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks can be included also.	Drinking plenty of water throughout the day will keep children hydrated and aid concentration in school.

Other foods that could be included in a healthy packed lunch:		
✓ Oily fish	Such as salmon, mackerel, kippers, trout. Include an oily fish at least **once every three weeks**.	Oily fish contains Omega-3 which contributes to brain function.
? Dessert	A fruit based dessert such as fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based cakes and crumbles could be included.	High fat and sugar desserts should be avoided, however including a fruit-based dessert can be a great way of encouraging children to eat more fruit.

Foods to be avoided or not to be included in a healthy packed lunch:		
X High fat and salt snacks such as crisps, cakes and biscuits *are not permitted.*	Instead of high fat and sugar snacks you could include seeds, savoury crackers or breadsticks, vegetables and fruit. Fruit or vegetable based cakes are permitted but should be limited.	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, sweets and chewing gum.	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 Meat and vegetable products should be avoided	Such as sausage roll, individual pies, corned meat, samosas and sausage/chipolatas should be included only occasionally.	These products are often of low quality meat and contain high amounts of fat.
X Fizzy or high sugar drinks *are not permitted.*	Such as Capri Suns, Frute 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.

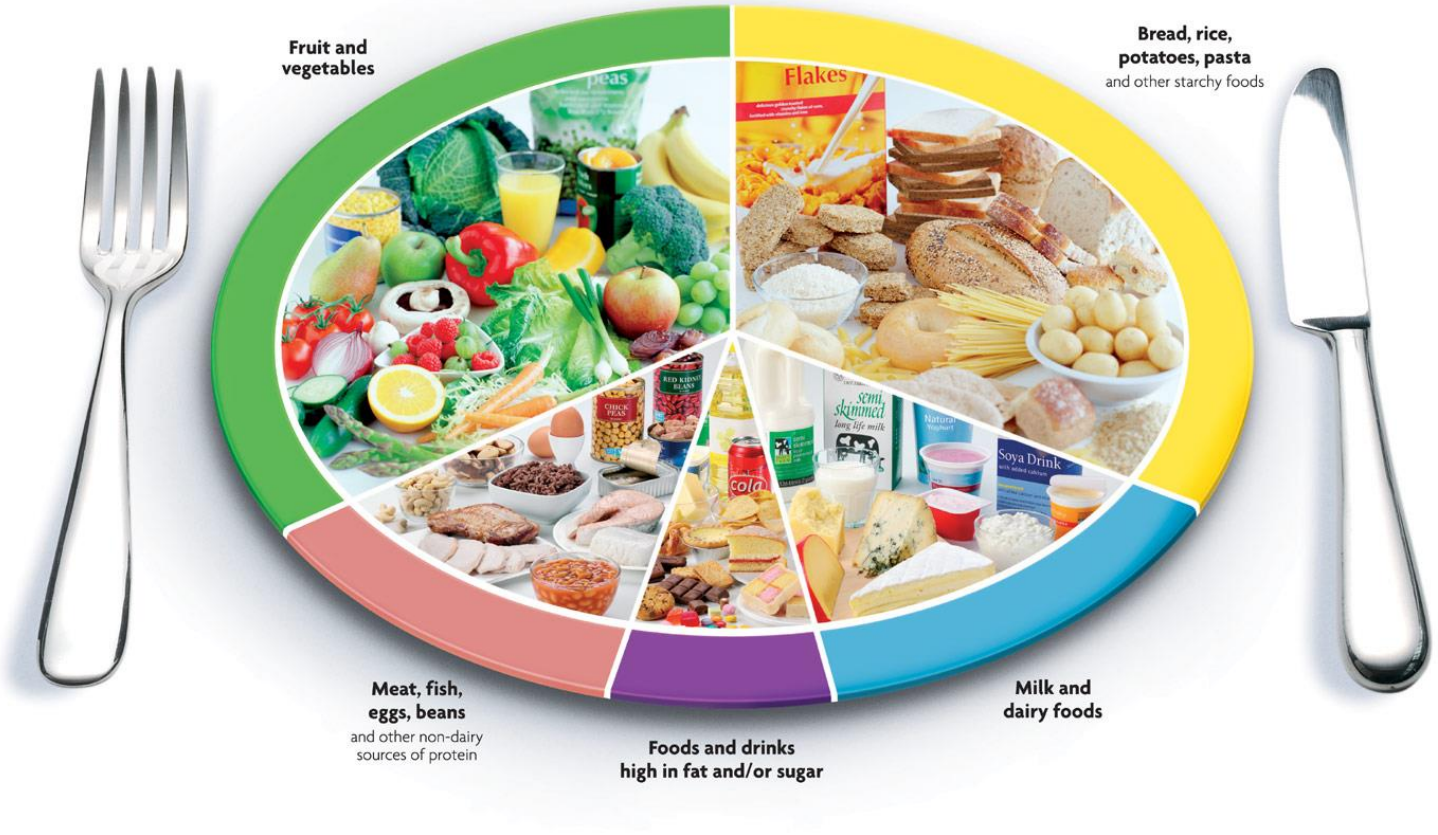
(N.B We do allow the children to bring in crisps on a Friday.)

The Eatwell Plate Model A balanced diet should be based on the Eat Well plate model.

The eatwell plate

FOOD STANDARDS AGENCY
food.gov.uk

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



© Crown copyright 2007