



Corinthian Community Primary School Packed Lunch Policy

Overall aim 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. We hope to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet The School Food Standards January 2015.

Development of the Policy:

This 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 (see appendix 1). 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 for healthy school meals and packed lunches (see appendix 2), and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g., crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

The policy was formulated after undertaking an independent audit of school meals in June 2024 with our school meals consultant. Consideration was given to parent and children's choice and preference. We have discovered through working with the consultants that in general a child's packed school lunch consisted items such as:

- A packet of Fridge Raiders
- A packet of Snack Attack
- A packet of Skips/crisps/Monster Munch
- Portion pack of Maryland Cookies
- Portion Pack of Jammie Dodgers
- Fruit Winder
- Satsuma

The nutritional breakdown shows that not only is this a lot of processed and high sugar foods, this is a lot of food for the child to eat during their lunchtime however it is not 'filling food' so even if the child was able to eat it all so they wouldn't feel full for long.

The aim of the policy is also to:



- to promote consistency between packed lunches and food provided by schools which must adhere to The School Food Standards January 2015. Please visit <http://www.schoolfoodplan.com> for more information.
- to make a positive contribution to children's health.
- to encourage a happier and calmer population of children and young people.

National guidance:

The policy was drawn up using a range of national document.

Where, when and to whom the policy applies:

The policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

Food and drink in packed lunches:

- The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- The school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g., lentils, kidney beans, chickpeas, houmous, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits but encourage your child to eat these as part of a meal.
- salty snacks such as crisps - instead include vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.



Packed lunches should NOT include:

- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).
- **Any items containing nuts e.g., Nutella due to children with severe nut allergies.**

Special diets and allergies:

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school.

Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools.

Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors
- Healthy lunches will be rewarded by... (Stickers and certificates etc).
- Where packed lunches that aren't in line with the packed lunch policy are brought into school leaflets will be included in the packed lunch to go home. If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this.

Working with parents/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 if required.

Sharing the policy:

The school will ensure that all parents/carers are aware of the policy e.g.by sharing information via the school newsletter, website, in assemblies etc. The school will use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating. The policy will be shared with all school staff, including teaching and catering staff and the school nurse.

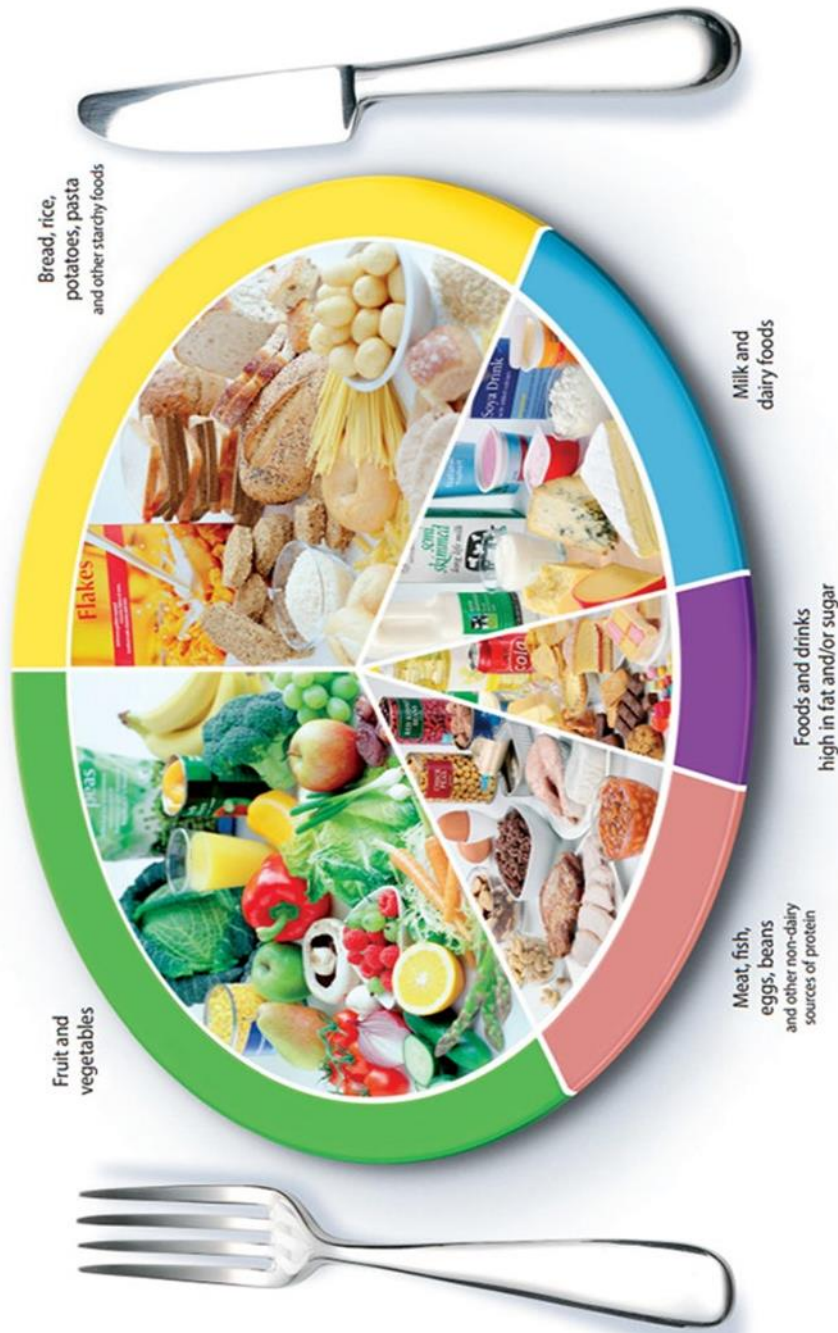
Policy Review:

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.

Appendix 1

The eatwell plate

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.



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

The school food standards



Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day.
- One or more portions of fruit every day.
- A dessert containing at least 50% fruit two or more times each week.
- At least three different fruits and three different vegetables each week.



Starchy food

- One or more wholegrain varieties of starchy food each week.
- One or more portions of food from this group every day.
- Three or more different starchy foods each week.
- Starchy food cooked in fat or oil no more than two days each week.*
- Bread - with no added fat or oil - must be available every day.



Milk and dairy

- A portion of food from this group every day.
- Lower fat milk must be available for drinking at least once a day during school hours.



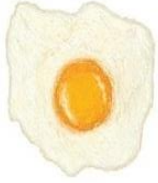
Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week.*
- No more than two portions of food which include pastry each week.*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat.*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food.
- No confectionery, chocolate or chocolate-coated products.*
- Desserts, cakes and biscuits are allowed only at lunchtime.
- They must not contain any confectionery.
- Salt must not be available to add to food after it has been cooked.*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful.*



Healthier drinks

- Free, fresh drinking water at all times. The only drinks permitted are:
 - Plain water.
 - Lower fat milk or lactose reduced milk.
 - Fruit or vegetable juice.
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk drinks.
 - Combinations of fruit or vegetable juice with plain water.
 - Combinations of fruit juice and lower fat milk or plain yoghurt; plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey.
 - Tea, coffee, hot chocolate.
- Combination drinks are limited to a portion size of 330ml.



Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day.
- A portion of meat or poultry on three or more days each week.
- Oily fish once or more every three weeks.
- For vegetarians, a portion of non-dairy protein on three or more days each week.
- A meat or poultry product no more than once each week in primary schools and twice each week in secondary schools.*

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets.
- No savoury crackers and breadsticks.
- No cakes, biscuits, pastries or desserts.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs. Information from 'The School Food Plan' website.