



School Meals and Packed Lunch Policy

Signed:

(On behalf of the Governing Body)

Dated:

Review date:

Minet Infant School

School Meals and Packed Lunch Policy

Introduction

To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

School meals and packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

Overall aim of the policy

As part of our healthy school status and the Whole School Food Policy, we want to ensure that all food consumed in school (or on school trips), provide the pupil with healthy and nutritious food which is now regulated by national standards.

We aim to:

- Maintain and increase levels of uptake of school lunches.
- Provide a consistent programme of cross-curricula nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- Ensure that the choices provided address, cultural, religious and special dietary needs.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive and value for money meals.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each child.
- Involve pupils and parents in decision making.
- To make a positive contribution to children's health and Healthy Schools Status.

National guidance

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, (NGC) 2005).

It is recommended that packed lunches brought from home are seen to be using the same Food Based Standards as school meals.

Government's Food-based Standards

Food/Food group	Final food-based standards for School Lunches from 2008 (Primary)
Fruit and Vegetables	Not less than two portions per day; per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit.
Oily Fish	Oily fish such as mackerel or salmon must be provided at least once every three weeks.
Meat Products	<p>A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight <i>across the school day</i> providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal.</p> <p>Group 1: Burger, hamburger, chopped meat, corned meat.</p> <p>Group 2: Sausage, sausage meat, link, chipolata, luncheon meat.</p> <p>Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll</p> <p>Group 4: Any other shaped or coated meat product.</p>
Starchy Food cooked in fat or oil	Starchy food cooked in fat or oil should not be provided more than three times a week across the school day.
Bread	Bread with no added fat or oil must be provided on a daily basis.
Deep-fried food – restricted	No more than two deep-fried food items, such as chips and batter-coated products, in a single week across the school day.
Salt and condiments restricted.	No salt shall be available to add to food after the cooking process is complete. Salt shall not be provided at tables or service counters
	Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.
Snacks – restricted	Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can be served as part of school lunch when served not at any other time of the school day.
No confectionery	Confectionery such as chocolate bars, chocolate coated biscuits and sweets must not be provided.
Cakes and	Cakes and biscuits are allowed at lunchtime but must not

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biscuits - restricted	contain any confectionery.
Water	Free, fresh drinking water should be provided at all times.
Healthier drinks	The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice or vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above. Tea, coffee and low calorie hot chocolate containing no more than 20 calories per 100 millilitres.

Source: School Food Trust 'Eat Better Do Better' – A guide to introducing the Government's food-based and nutrient-based standards for school lunches, Appendix 1

Water

- The school will provide free, fresh drinking water throughout day
- Pupils are encouraged to bring in a water bottle and drink water at frequent intervals throughout the school day

Universal Free School Meals

Universal Free School Meals are available to all children in YR, Y1 and Y2. At Minet Infant School all meals are prepared on-site by an outside provider. As stated above all meals comply with the Government's food-based standards for school lunches.

Packed Lunches

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

Children's packed lunches should include items from the 5 main food groups;

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions e.g. pasta salad, sandwich.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.

Drinks – any drinks provided in lunch boxes **should only** include plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies

Restricted items

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches **should not** contain the following:

- Fizzy / sugary drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee and salted popcorn
- Crisps or any packet savoury snacks high in salt and fat
- Salted nuts
- Energy drinks

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.

Promotion of Healthy Packed Lunches

There will be ongoing promotion of the need to provide healthy packed lunches through:

- Pupil, parent / carers newsletters
- School prospectus / brochure
- Health weeks / healthy eating activities
- Curriculum content
- Parents evenings / parent consultations
- School website
- Reward schemes
- Workshops for parents

Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, 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 then brought into school.

Dining Facilities for Pupils Bringing Packed Lunch

The school will provide an appropriate area where pupils who choose to bring packed lunches can eat.

Monitoring

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 can be dealt with timely and sensitively.

Allergies and special diets

All staff are made aware of children with particular allergies i.e. nuts or dairy products. The school also recognises that some pupils may require special diets that do not allow for the policy to be met exactly because of medical reasons. In this case parents are requested to either speak/write to inform the head teacher.

Everyday the main hot meal choice will always include a Halal and non Halal option.

Food swapping between children is not permitted and all children wash their hands before lunch and apply hand sanitising gel prior to entering the school hall to eat.

Monitoring and Evaluation

- The SLT and Governing Body regularly monitor the uptake of school lunches
- Menus are professionally analysed (by an outside provider) to ensure they are compliant with the Government's Food and Nutritional Standards
- The School Council will feed back any issues from the children and staff.

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.

Involvement of parents/carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned, parents and carers are regularly updated about all our policies through the school's newsletters.