

Montbelle Policy



MONTBELLE
PRIMARY SCHOOL

Packed Lunch Policy

Montbelle is committed to supporting the Unicef Convention on the Rights of the Child, which includes the right to nutritious food (Article 24). We also welcome the duty, placed on schools by the Government, to ensure that every child is healthy through embedding the recommendations of the School Food Trust, which encourages healthy eating. At Montbelle, we know that healthy eating is important because it provides children with the opportunities to:

- Have a healthier lifestyle, both as a child and later in life.
- Learn more quickly and support better behaviour for learning.

Aim of the policy:

To work in partnership with parents to ensure that children who bring a packed lunch, are eating food which is as healthy and nutritious as the cooked meals served in school. This food is regulated by national standards www.schoolfoodtrust.org.uk/nutrientstandards .

The school will:

- Provide an attractive and appropriate place for pupils to eat their packed lunch; fresh water will be freely available for children.
- Support parents and children in making healthy choices, ensuring packed lunches are as close to the guidelines as possible (see appendix 1.)
- Recognise the different dietary needs of pupils, religious choices and limitations on diets as a result of allergies. We are a nut free school and we will monitor children throughout the lunch time and remind children they must only eat their own food and do not eat other children's.
- Ensure staff act as positive role models for the children in respect of their own choice of food and snacks and provide a good level of trained midday meal supervisors to support the children's healthy eating.
- Tell all parents/carers about the policy; it will be referred to on the school newsletter periodically, be readily available on the website, be in the school prospectus and will be shared in assemblies with the children. The school will use opportunities such as parents' evenings and healthy eating weeks to promote the policy.
- Share the policy with all staff, securing their support in its implementation.

Parents will:

- Work with the school to make healthy choices, ensuring packed lunches are as close to the guidelines as possible.
- Provide a suitable container for their child's lunch, including an 'ice pack' where necessary to keep the contents fresh.
- Inform the school of any dietary, religious, or medical limitations, which the school need to be aware of.
- Support the school in providing a 'treat', such as a packet of crisps, a couple of plain biscuits or a muffin **only on a Friday**.

Packed lunches should:

Be based on the School Food Trust's food based standards for packed lunches (appendix 1) and should include the following:

- **Fruit and Vegetables:** at least one portion of fruit and one portion of vegetables.
- **Protein:** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel or dhal).
- **Oily Fish:** such as tinned or fresh mackerel, sardines, salmon or tuna at least once a week.
- **Carbohydrate:** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- **Dairy:** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- **Drinks:** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies.
- **Desserts:** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies or a fruit based crumble.

Packed lunches should not include:

- Fizzy/sugary drinks in cartons, bottles or cans including energy drinks.
- Crisps, cakes or biscuits (except as a treat on Friday) nor should they regularly include food containing high levels of sugar or fat (e.g. cereal bars or flapjacks). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionary such as chocolate bars and sweets.
- Chocolate spread as sandwich filling
- Peanuts and peanut products or any other nuts/ products containing nuts.

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 the standards to be met exactly. In this case 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.

Monitoring:

Packed lunches will be regularly reviewed by the Midday Meal Supervisors with support from the Senior Leadership Team. Children will be praised for their healthy choices. Where a child brings a packed lunch which does not adhere to the policy, parents will receive a reminder of the healthy eating policy (Appendix 2). If a child regularly brings a packed lunch which does not adhere to the policy, the school will contact the parents to discuss this.

Please note that parents with special diets will be given due consideration.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason, are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents and the School Nutrition Action Group / Packed Lunch group informed as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal 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.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Appendix 1

Packed lunch examples:

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| Day 1 <ul style="list-style-type: none">▪ Pasta with tuna, sweetcorn and peppers▪ Fromage frais▪ Dried Fruit▪ Water | Day 8 <ul style="list-style-type: none">▪ Cheddar and coleslaw in wholemeal pitta▪ Banana cake▪ Slice of fresh pineapple▪ Water |
| Day 2 <ul style="list-style-type: none">▪ Bread sticks with hummus dip▪ Cherry tomatoes and cucumber chunks▪ Malt loaf▪ Water | Day 9 <ul style="list-style-type: none">▪ Smoked mackerel sandwich▪ Seeded flapjack▪ Cucumber chunks▪ 1 apple▪ Water |
| Day 3 <ul style="list-style-type: none">▪ Rice cakes with cheese spread▪ Yoghurt▪ Piece of fruit▪ Water | Day 10 <ul style="list-style-type: none">▪ Pasta salad with chicken and vegetables▪ 3 cherry tomatoes / 1 large tomato▪ Chocolate bran flake slice▪ 1 pear▪ Water |
| Day 4 <ul style="list-style-type: none">▪ Chicken and pepper wrap▪ Grapes▪ Yoghurt▪ Water | Day 11 <ul style="list-style-type: none">▪ Tuna mayonnaise sandwich▪ Cucumber chunks▪ Carrot and apricot cake▪ Handful of grapes▪ Water |
| Day 5 <ul style="list-style-type: none">▪ Ham and coleslaw roll▪ Raw veg sticks(Carrots, cucumber etc.)▪ Flapjack▪ Water | Day 12 <ul style="list-style-type: none">▪ Rice salad with turkey▪ Red pepper strips▪ Fruit fromage frais▪ 1 Apple▪ Water |
| Day 6 <ul style="list-style-type: none">▪ Grated cheese and carrots in pitta▪ Fruit kebabs / salad▪ Yoghurt▪ Water | Day 13 <ul style="list-style-type: none">▪ Salmon and cucumber best of both roll▪ 3 cherry tomatoes▪ Low fat fruit yoghurt▪ 2 clementines▪ Water |
| Day 7 <ul style="list-style-type: none">▪ Sliced beef and mixed salad roll▪ 3 cherry tomatoes / 1 large tomato▪ Crème caramel▪ 1 kiwi fruit▪ Water | Day 14 <ul style="list-style-type: none">• Egg mayonnaise and cress sandwich• Pepper strips• Banana cake• Slice of fresh pineapple• Water |

Appendix 2

Please remember we encourage Healthy Packed Lunches

As a school, we encourage a healthy packed lunch. Please ensure your child does not have the following in their lunch box:



Save these for 'Treat Friday'.

For more information, please read our Packed Lunch Policy or speak to a member of staff.