



PACKED LUNCH POLICY – WESTHOUSES PRIMARY SCHOOL

AIM OF POLICY

All packed lunches brought into school are packed safely, are healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

OUR SCHOOL

- Pupils in Reception and Key Stage One will be supported to take – up their Universal Infant Free School Meal entitlement.
- We will provide a safe, clean environment for pupils to eat their packed lunch.
- We will store packed lunches in a cool, dry place.
- We will allow pupils on packed lunches to request to sit in the dining hall if they wish.
- We will provide free drinking water, milk or fresh juice for pupils on packed lunches.

- Pupils on packed lunches with food allergies and intolerances will be supported by lunchtime supervisors.
- School can provide fresh fruit and other healthy alternatives to those who request/require it.

PACKED LUNCHES SHOULD INCLUDE THESE ITEMS EVERY DAY – pupils who include such items in their pack up can win stickers, DoJo points and raffle tickets.

- Energy food – choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Snacks - healthy cereal bars, dried fruits/nuts, plain popcorn.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables and fruit.
- A dairy food – like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.
- A drink of water, milk or fruit juice.

PACKED LUNCHES CAN OCCASSIONALLY INCLUDE

- Meat based food items like sausage rolls and pies.
- Cakes and biscuits.

PACKED LUNCHES SHOULD NOT INCLUDE

- Snacks high in salt like crisps – instead include plain popcorn, vegetable sticks, seeds, savoury crackers or breadsticks.
- Confectionery like sweets, chocolate bars – instead include fruit, flapjack.
- Soft drinks – fizzy drinks, squash (those labelled no-added sugar or sugar free contain harmful sweeteners and encourage a taste for sweet food and drinks).

ASSESSMENT AND REVIEW

- The School Nutrition Action Group alongside lunchtime staff will carry out lunch box audits.
- Lunchtime supervisors will reward healthy packed lunches in line with our lunchtime reward scheme.
- The packed lunch policy will feature on our website, where schools deems appropriate parents may be advised about the health of their children's packed lunches.
- School will aim to offer help, support and healthy alternatives to those that require it.

USEFUL LINKS FOR FURTHER INFORMATION

- [Home - Food for Life](#)

- [School food standards: resources for schools - GOV.UK \(www.gov.uk\)](https://www.gov.uk/school-food-standards)
- [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families/lunchbox-ideas)

DATE POLICY APPROVED:

23/ April / 2024

PACKED LUNCH AUDIT TOOL

FOOD GROUP

TICK BOX

An item of Energy Food (wholegrain bread, pasta, rice, chappati)

An item of Help to Grow Food (Meat, fish, eggs, beans, pulses)

At least 1 portion of veg/salad and 1 portion of fruit

An item for healthy bones and teeth (yoghurt, cheese, milk)

Chocolates or chocolate coated biscuits, sweets etc

A drink (milk, water, pure fruit juice)

Savoury fried snack (like crisps)

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Once you have completed your audit share the information with the whole school community through your website, parents evening and a school display.

Repeat the audit after a term and share the comparative results again with the school community. The children can incorporate the data into a maths lesson and display the information in graphs and pie charts.

You can now launch your school packed lunch policy incorporating your findings. Through this participatory approach children and families are likely to be more accepting of a policy that encourages a healthy balanced diet.