



## **CANON BURROWS LUNCH BOX POLICY**

*This school is committed to safeguarding and promoting the wellbeing of all children, and expects our staff and volunteers to share this commitment.*

### **INTRODUCTION**

In our school we are committed to giving all our pupils consistent messages about all aspects of health. We encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PHSE, Drug and Sex and Relationship Policies.

Canon Burrows CE is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the social community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

### **Overall Aim of the Policy**

A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that we hope will continue into adulthood. We want to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy, balanced and nutritious food that is similar to food served in schools, which is now regulated by national standards.

### **Rationale:**

- To have a positive impact on children's health and wellbeing.
- To encourage happier and calmer children.
- To promote consistency between packed lunches and the food provided by school.
- To help children develop an understanding of healthy eating by promoting the School Food Trust guidelines and national standards for healthier eating.
- To support the parents and carers in providing a healthy packed lunch.

### **How and Why the Policy Was Formulated**

At Canon Burrows CE a packed lunch policy is important for the following reasons:

- To make a positive contribution to children's health and healthy schools status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which must adhere to national school food standards.

### **National and Local Guidance**

The UK government has produced packed lunch guidance to support the implementation of new food standards for school lunches and ensure that all children benefit from eating quality food during the day. This policy has been drawn up using a range of documents which include, Children's Food Trust, School Food in England, Nutritional Standards and with the support of the Tameside Children's Nutrition Team.

## **Where, When and To Whom 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 facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches meet the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible, to keep the food fresh.
- Wherever possible, the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

## **Packed Lunches Should Include:**

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles or potatoes every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

## **Ideas of what to include:**

The ideas below are recommendations by the British Nutrition Foundation:

### **Drinks**

- Carton of semi-skimmed milk
- Bottle of water
- Juice (no added sugar)

### **Dairy**

- Low fat fruit yoghurt
- Fruit fromage frais

### **Fruit & Vegetables**

- Banana
- Handful of raisins
- Cherry tomatoes
- Carrot sticks
- Sticks of sweet pepper
- Handful of grapes and strawberries

- Peach or nectarine
- Small tub of fruit cocktail in juice
- Banana smoothie (banana, low fat yoghurt and orange juice)
- Cucumber and carrot sticks

#### **Other**

- Slice of banana bread
- Tortilla wrap and grilled chicken, lettuce and red pepper slices (with reduced calorie mayonnaise)
- Rice, bean and ham salad (boiled rice, kidney beans, green beans and chopped ham) with a little olive oil and lemon juice
- Couscous salad with grilled chicken, chopped peppers and sultanas
- Tuna and pasta salad with tinned tuna, chopped peppers and a little olive oil and lemon
- Granary roll with tinned salmon, lettuce and cucumber (reduced calorie mayonnaise)
- Pasta and salmon salad (boiled pasta, tinned or grilled salmon and chopped cucumber) with reduced calorie mayonnaise
- Tortilla wrap with mixed beans, grated cheese, lettuce and a little soured cream or reduced fat crème fraîche
- Boneless chicken
- Potato salad with reduced calorie dressing (homemade or bought)

#### **Packed lunches should not include:**

- Nuts, including peanut butter and Nutella, because of the life threatening risk to any other child who may have a severe allergy.
- Drinks other than water, semi-skimmed milk or sugar free juice.
- Children should not bring hot food to school as this is a risk to health and safety, if you wish your child to have hot dinner please contact the school office to arrange a change of dinner provision.

#### **Packed Lunches contain these occasionally (1 time per week)**

- Snacks such as crisps or cheddars. (Instead, include seeds, vegetables and fruit - with no added salt, sugar or fat - savoury crackers or breadsticks served with fruit, vegetables or dairy food.)
- Confectionery such as chocolate bars, cereal bars, chocolate-coated biscuits and sweets or yoghurts with any form of confectionary. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.)
- Meat products such as sausage rolls, individual pies, corned meat and sausages. (Chipolatas should only be included occasionally.)

#### **Plastic Free School**

As a school, we are committed to eradicating single-use plastic from environment so we encourage the use of reusable or recyclable materials in lunchboxes, e.g.

- Tupperware boxes
- Reusable water bottles

- Paper bags
- Aluminium foil

## **Special Diets and Allergies**

The school recognises that some pupils may require special diets that don't exactly conform to the school food standards. So parents should take extra care to ensure those packed lunches are as healthy as possible and discourage their children from swapping food items.

The school is also aware of food allergies and 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/](http://www.anaphylaxis.org.uk/schools/help-for-schools/) for information on managing allergies in schools.

For awareness of allergies, visit <https://www.allergyuk.org/living-with-an-allergy/at-school/> for accurate, reliable information on managing allergies in schools.

## **Assessment, Evaluation and Reviewing**

Parents and pupils who do not adhere to the packed lunch policy will receive a leaflet in the packed lunch informing them of the policy. 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. Please note: pupils with special diets will be given due consideration.

## **Involvement of Parents/Carers**

Staff in school can see on a daily basis what children have in their lunchboxes whilst they are supervising the hall. This also brings an opportunity to chat to the children about their lunchboxes and encourage healthy eating and drinking. If a lunchbox does regularly fall below the expectations in this policy, school will inform parents/carers and refer them to the ideas illustrated in this policy and the healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater understanding and appreciation of a healthy lifestyle.

## **Linked Policies**

PSHE, Science, Design Technology, Health and Safety Policy

## **Sharing the Policy**

The school will tell all parents/carers about the policy. It will be in the school newsletter, website, prospectus, shared in assemblies, etc.

The school will use opportunities such as parents' evenings and healthy living themed weeks to promote this policy as part of a whole school approach to healthier eating.

It will be shared with all school staff, including teaching and catering staff, securing their support in its implementation.

**Signed**

**Elizabeth Adamson**

**Date**

**November 2022**

**Review Date**

**November 2024**