

We want our children to develop healthy eating habits, ensuring they get the right energy and nutrition to thrive in school and beyond.

A packed lunch should contain about a third of a child's daily food intake in it. However, reports have shown that the food typically eaten in packed lunches actually provides too much fat, saturated fat, sugar and salt – and not enough fruits and vegetables and essential nutrients, which is detrimental to the future health of children eating these types of foods on a daily basis.

This policy has been drawn up in consultation with parents, pupils and current guidance with the following aims:

- To improve the nutritional quality of packed lunches and other foods taken into school.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.

This policy applies to all pupils and parents providing packed lunches to be consumed within school

The "Eat well" guide looks at the amounts of different groups of foods we should eat to maintain a healthy lifestyle.

We have reviewed our packed lunch policy to increase the amount of different types of food that are available for children to eat across a week in school.

We have grouped these into foods that could be eaten every day, and those that we should limit eating.

To help us monitor and manage those items that should only be eaten occasionally, we have produced a list which you can choose one item from each day and then a second list which has food items to choose from that can be brought in once a week on a Friday.

For those items that are viewed as treats, such as sweets, we have kept those off the list for lunches.

In this way we aim to encourage a positive relationship with food and for children to develop an understanding that there are no bad foods, just foods which should be eaten in moderation to maintain a healthy lifestyle.

If items of food are sent to school that shouldn't be in a child's packed lunch, the child will be offered an alternative item from school, the item will be left in their packed lunch and school will send parents a reminder of the packed lunch policy.

Items allowed every day without limit:

Savoury filled sandwiches, rolls, wraps, pitta breads

Savoury Unsalted Crackers, Rice Cakes

Oat and Fruit based cereal bars

Natural or Fruit based Yoghurts

Plain Custard

Cheese - Soft or Hard

Fruit – Fresh, Tinned or Dried

Salad and Vegetables

Warm items stored in a Thermos container e.g. Soup, Baked Beans, Spaghetti, Casserole

Water, Fruit Juice, Cordial, Milk (please have these in cartons or drinking bottle)

One portion of the following allowed each day:

Mini packet of biscuits

A couple of normal sized biscuits

A piece of Cake / cupcake / cake bar

On a Friday, up to two portions of the following can be included to your child's overall packed lunch:

Salted Savoury Snacks – e.g. Crisps, Mini Cheddars, Pom Bears

Pastries – eg Sausage Roll, Pastie

Chocolate Yoghurt or Mousse

Items not allowed in packed lunches for Health and Safety Reasons:

Nuts or foods containing nuts

Fizzy Drinks

The clear lids on fruit shoot type bottles