



## Willow Primary School Packed Lunch, Snacks and Drinks Expectations

### Introduction

At Willow, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle.

This document has been developed by drawing on key government guidance associated with healthy eating and the school day.

Government strategy outlines an expectation on all schools:

- *To promote a culture of healthy eating the government now expects all schools, in consultation with parents, pupil and staff, to adopt whole school food policies. In particular, schools will be expected to develop healthy packed lunch policies so that those not yet taking up school lunches are also eating healthier.*

This expectations document applies to all pupils and parents providing packed lunches and other foods or drinks to be consumed within school or on school trips. It fits within a wider context of promoting a whole school approach to food and healthy eating.

### Food contained in a packed lunch

Parents/carers of pupils who do not have school meals are expected to provide their children with packed lunches that are consistent with the nutritional standards based on the Eat Well plate model and the School Food Trust guidelines.

### The recommended contents of a healthy lunch box are:

- **Fruit and Vegetables;** at least two portions of fruit or vegetables every day (a portion is the amount your child can fit into the palm of their hand). This could be fresh, dried or tinned fruit
- **Carbohydrate;** a starchy food every day such as bread, pasta, rice, couscous, noodles, potatoes, chapatis/roti, plain crackers, breadsticks, rice cakes
- **Protein;** meat, egg or other source of non-dairy protein such as lentils, kidney beans, chickpeas, hummus, dhal, falafel
- **Oily fish;** tinned or fresh mackerel, sardines, salmon or tuna should be included at least once every three weeks
- **Dairy;** every day such as milk, cheese, yoghurt, fromage-frais, custard or calcium fortified soya products - reduced fat if possible
- **Drinks;** (with no added sugar) such as pure fruit juice, semi-skimmed/skimmed milk, milk-based or yoghurt-based drinks, fruit smoothies
- **A bottle of water;** It is recognised that the concentration and behaviour of children improve when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage children to bring in water bottles daily. This is in addition to their packed lunch drink and must only contain water.
- **Dessert/pudding;** such as a small cake, biscuit, cereal bar, fruit loaf/bun OR scotch pancake as part of a balanced meal. Please look carefully at packaging as many items that may look healthy can have high levels of sugar and fat. Look for those with 100 calories or less per portion and only include one-a-day for lunch.

### **Packed Lunches, snacks or drinks should not include:**

- Sweets/confectionery/chewing gum
- Fizzy or sugary drinks
- Energy drinks
- Crisps (larger than 25g)
- No more than two portions of food each week that includes pastry
- **Items containing nuts are not allowed in school.** Although these are healthy, some children are allergic to nuts and they can cause a severe reaction even when in other pupils' lunches.

### **For a healthier snack:**

- Replace cakes and pastries with fruit bread or teacake
- Replace salted savoury snacks, such as crisps, with breadsticks, rice cakes, cheese and crackers or popcorn (not sweet or toffee)
- Include dried fruit or fruit salad
- Drink water, milk, sparkling water, fruit smoothie, or yoghurt drink.

### **Special Diets and allergies**

The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to inform the school and make their child's lunchbox as healthy as possible. For this reason, pupils are not permitted to swap food items.

**PLEASE DO NOT SEND YOUR CHILDREN WITH NUTS OR FOOD CONTAINING NUTS (for example, Nutella or Bombay Mix) AS WE HAVE A NUMBER OF CHILDREN WITH NUT ALLERGIES.**

### **Provision for Packed Lunches**

- School will provide dining room facilities where pupils can eat their lunches alongside pupils who eat school meals.
- School will ensure that fresh drinking water is readily available at all times.

### **Packed Lunch Containers**

We ask that parents/carers and pupils:

- provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period;
- bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles. We aim to reduce single use plastic.

Fridge space for packed lunches is not available so it is advisable to bring packed lunches in insulated bags with an ice pack to keep the food fresh.

## **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.

## **Other issues**

- Sweets or chocolate for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion. **Any foods containing nuts should still not be sent into school on these occasions.**
- Very occasionally, the children may organise a cake sale for charity and purchase cakes to raise money for a good cause.
- Very occasionally, the children may bring in food for parties such as Christmas, when the restrictions of this expectations document do not apply. **Any foods containing nuts should still not be sent into school on these occasions.**
- The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with books, experiences, stickers, praise, visits to other classes or the head teacher to celebrate their work and phone calls home to parents.
- During SATs week, all Year 6 pupils are offered a free healthy breakfast.

## **Curriculum**

- Whilst we fully respect individual food choices and understand that there are many different needs and tastes, we want to work with parents to educate children about healthy diet choices so that our children, through understanding a balanced diet, will develop a greater appreciation of a healthy lifestyle.
- The formal curriculum develops pupils' knowledge of healthy eating predominantly through PSHE and Science lessons.

## **Monitoring**

- To promote healthy eating, class teachers, teaching assistants, learning mentors and lunchtime supervisors will regularly monitor the content of packed lunches.
- Parents/carers and pupils who do not adhere to the packed lunch expectations document will be reminded of the expectations.
- If a child regularly brings in a packed lunch that does not conform to this expectations document, the school will contact the parents to discuss this.