

## Parent Packed Lunch Policy

### Purpose of the policy

Hawley Primary School has achieved healthy Schools status and we hope that all parents and carers will support this packed lunch policy.

This policy is part of our whole school food policy and aims to give clear guidance firstly to parents and carers, but also pupils on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

This policy applies to all packed lunches consumed **within school, on school trips and on school journeys.**

### Special diets and allergies

We ask that parents/carers be aware of nut allergies.

The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case parents and carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### Facilities for packed lunches

As a school we will:

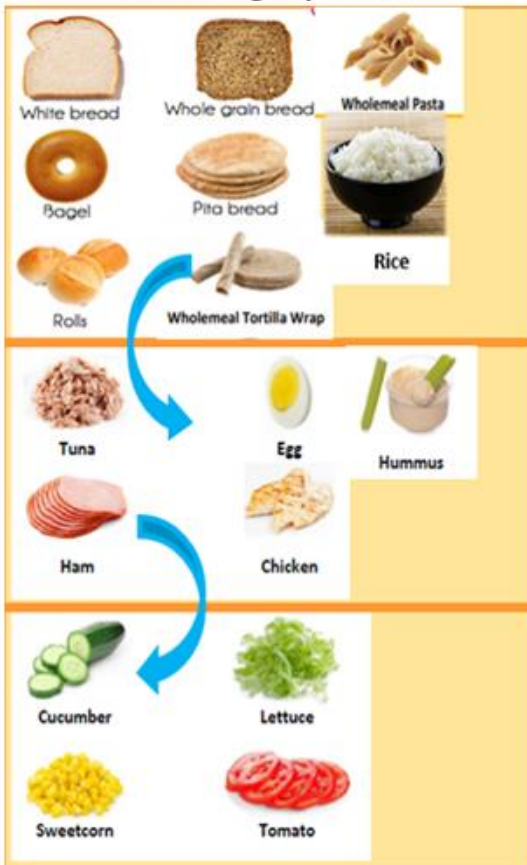
- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

### Monitoring

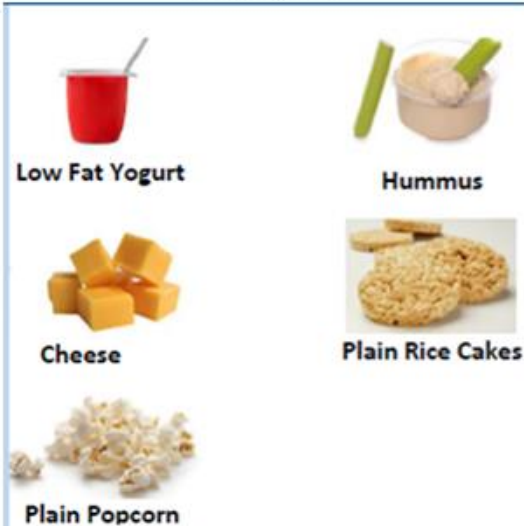
To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

Follow this step by step guide to create a tasty, healthy packed lunch

Create a Main by picking one portion from each of the groups below...



Add 1 or 2 snacks  
For example...



Don't forget to add a drink of water!



Add one Fruit AND one Vegetable  
For example...



Foods that should be included in every packed lunch:		Why?
✓ A starchy food	Such as bread, pasta, rice, couscous, noodles or potatoes. Choose wholegrain varieties where possible.	These foods give your children energy as well as containing fibre and important vitamins and minerals such as Vitamin B.
✓ Fruit	<b>At least</b> one portion of fruit every day.	Fruits contain many vitamins and minerals.
✓ Vegetables	<b>At least</b> one portion of vegetables every day.	Vegetables also contain many vitamins and minerals and make low fat, filling snacks for children.
✓ Beans, pulses, fish, eggs, meat and other proteins	Choose lean options where possible and avoid processed items such as sausage rolls and Peperami. Include oily fish such as salmon, mackerel, kippers, and sardines at least <b>once every three weeks</b> .	Protein foods aid growth and repair, as well as providing minerals such as iron. Oily fish contains Omega-3 which contributes to brain function. Processed products are often very high in salt and fat.
✓ Dairy foods and alternatives	Such as milk, cheese, yoghurt, and unsweetened non-dairy products (e.g. soya/coconut milk or yoghurt). Opt for cheeses which are lower in fat and not highly processed and choose plain, low fat natural or Greek yoghurts instead of flavoured if possible.	Dairy foods and alternatives provide calcium which is essential for healthy bone development and growth. Processed cheese products such as cheese strings and Dairy Lea Dunkers are often higher in salt and flavoured yoghurts are higher in sugar.
✓ A drink	Water is always the best choice of drink for children.	Drinking 6-8 glasses / 1.5 litres of water throughout the day will keep children hydrated and aid concentration in school. Fruit juice and smoothies are high in sugar and should be limited to no more than 150ml per day.

Confectionary, cakes, biscuits, crisps and sugary drinks should NOT be included in packed lunches. These items are not needed as part of healthy diet and are high in fat, sugar and salt which can lead to weight gain and health problems in both the long and short term, such as tooth decay, heart disease and diabetes.

**The Eat Well Guide** - A balanced diet should be based on the Eat Well Guide.

