



THOMAS JOHNSON LOWER SCHOOL

Hurst Grove, Lidlington, Bedfordshire MK43 0SB

Tel: 01525 402377 / 01525 404743

email: office@thomasjohnsonschool.co.uk

Head teacher: Mrs M Haimes

Packed Lunch Policy

Responsibility	Governing body
Approved by Full Governing Body	Feb 2018
Storage: (i) Electronic (ii) Hard Copy	(i) School website (managed by school secretary) (ii) School office and staff room

Aim

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

Why do we need a policy?

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals and free fruit for schools. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life
- Be able to concentrate and learn during lesson time.

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of “complex carbohydrates” such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Who does it apply to and when and where?

To all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

The policy

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available

- The school will work with pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below
- Whenever possible the school will allow children eating packed lunch or school meals to sit together
- Parents should aim to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal
- Children must only eat their own food and not other children's

GUIDANCE

You know your child's eating habits and are the best judge of what will keep them healthy and happy.

Suggestions for food TO include in a healthy packed lunch

- At least one portion of fruit or vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, roll or salad)
- Oily fish, such as pilchards, salmon or tuna occasionally
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies
- Cereal bars rather than cakes and biscuits
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip

Suggestions for food to include LESS OFTEN in a healthy packed lunch

- Snacks such as crisps
- Chocolate coated biscuits or wafers
- Cakes
- Meat and pastry products such as sausage rolls or pies

Suggestions for food to NOT include in a healthy packed lunch

- Sweets
- Nut or nut products (although these can be very healthy) because of the danger to other children with allergies
- Fizzy drinks as these tend to have low nutritional content and are very messy if spilt.

The NHS Change4Life website provides a list of practical food suggestions to help busy parents. The Lunchbox list gives different ideas for each day of the week, all of which are easy to prepare.

www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx

Special diets

The school also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

The role of Midday Supervisors

Our Midday Supervisors try to ensure that children eat as much of their meal as possible, in a positive atmosphere, and that they have adequate time for playing with friends. We try to encourage children to try new things, but it is not possible to monitor exactly how much is being eaten, nor insist on certain foods being eaten. For this reason, your child will bring home empty packets and any uneaten food, so that you can adjust quantities, discuss preferences, or be alerted to other patterns (e.g. lack of appetite signalling the approach of an illness).

Publication of the policy

This policy is available on the school website. The school will use opportunities such as parents' evenings to promote this policy as part of a whole school approach to healthier eating. Our caterers provide enrichment days for our children, including "Fill your lunchbox for free" giving the children opportunities to talk about healthy eating and to try different foods if they wish.