

The aim of our policy is ...

To ensure that packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by The National Standards (updated 2014).

Full details of the standards can be found at www.schoolfoodplan.com

How we will support the policy ...

- We will ensure that free, fresh drinking water is readily available at all times. **It is not essential to include a drink in packed lunches as water is provided.**
- We will provide menu ideas for healthy packed lunches.
- We will reward pupils who bring a healthier packed lunch.
- We will aim to ensure that pupils who bring a packed lunch and pupils who have a school dinner are able to sit and eat together (where possible).
- We will work with parents to help them to prepare packed lunches that are practical, affordable and meet the standards listed in this policy.
- We will ensure we listen to our pupils and parents views and ensure that this policy is fair and meets everyone's needs.

Why do we have a policy for packed lunches?

Eating a healthy diet and exercising regularly can help children to stay a healthy weight, be active and ready to learn as reflected in the Change 4 life message '**eat well, move more, live longer**' messages. Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed in response to parent surveys and observations of children's packed lunches, that found some contained too much food high in fat sugar and salt, and , sugary drinks, and not enough fruit or vegetables.

A healthier packed lunch focuses on the four main food groups of the eatwell plate.



HealthySchools

change
4 life
Eatwell Move more Live longer



Hunslet Moor Primary School

Miss H Darley

Packed Lunch Policy Leaflet



This policy has been created in consultation led by our pupils and Wellbeing Council and has been supported by parents, governors and staff.



Article 24: We have the right to nutritious food



Green foods

You should put these in lunch boxes everyday

- **2 portions of fruit and vegetables.** This could include a variety of fresh or tinned



- **A type of carbohydrate** for energy such as bread, rice, pasta, pittas, bagels, wraps etc. Try to swap to wholegrain.



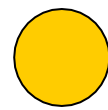
- Meat, fish or other sources of non-dairy **protein** (e.g. lentils, kidney beans, quorn, chickpeas, hummus, eggs).



- Dairy food such as milk, cheese, yoghurt or fromage frais.



- Only: water or milk



Amber Foods

These types of foods could be included as part of a sugar swap to make your treats a bit more healthy

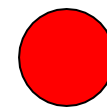
- Small plain or fruit cakes such as scones, tea cakes or malt loaf



- Plain biscuits, flapjacks or figrolls



- Quavers
- Snack a jacks
- Wotsits
- French Fries
- Oat biscuits



Red Foods

These foods could be included no more than twice a week in school lunch boxes.

Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.



- Chocolate bars- no bigger than 45g



- Crisps



- Chocolate biscuits and cake bar.



