



SURREY STREET PRIMARY SCHOOL

Learning for life at Surrey Street where the social, emotional, spiritual, physical and learning needs of every member of the school community are met

Packed Lunch Policy

November 2024

Document Status	
Review requirements	Every 2 years
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Non-Statutory

Surrey Street Primary is committed to promoting and respecting the health, safety and wellbeing of all our children and any adults who work in our school

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Introduction

At Surrey Street Primary we want our children to develop healthy eating habits, ensuring they get the right energy and nutrition to thrive in school and beyond. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils.

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

Objectives

- To improve the nutritional quality of packed lunches in school and the eating habits of children at lunchtimes
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood that can influence health and wellbeing in later life;
- To ensure that all children have a healthy and nutritious midday meal that sustains and prepares them for their afternoon learning;
- To take a proactive approach to promoting healthy eating;

- To ensure that food brought into school (packed lunches) reflects and meets food standards for school food.

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 EatWell 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 water, pure fruit juice, semi-skimmed/skimmed milk, milk-based or yoghurt-based drinks, fruit smoothies and squash with no added sugar

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 ask that all children to bring in their school water bottles daily.

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.**

*Fizzy or carbonated drinks and drinks in glass bottles are **NOT** allowed in packed lunch boxes.*

Packed lunches SHOULD NOT include:

Foods which are high in fat and /or sugar

It is important not to fill up on too many foods that are high in fat and/ or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke and diabetes.

Restricted items

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches cannot contain any of the following:

- Fizzy/ sugary drinks in cartons, bottles or cans
- Chocolate-coated products, sweets or confectionary examples include: Mars Bars, Smarties
- Chocolate spread as a filling for sandwiches this includes Nutella
- Sugared or toffee popcorn
- Any products containing nuts - **Surrey Street is a nut free school**
- Energy drinks
- Chips and fried foods (such as chicken nuggets)
- Cold take-away food

Snacks such as crisps in the lunch box, are not encouraged every day. Try healthier alternatives such as savoury crackers or breadsticks.

Chocolate covered biscuits and wafers are allowed but only as part of a balanced diet. These include Penguins and Kit Kats.

Cakes and biscuits are allowed but again only as part of a balanced diet, try to include plain or fruit scone or malt loaf.

Sweets are **NOT** allowed, try replacing with fresh fruit.

Meat products such as sausage rolls, pies and corned beef should be used occasionally only.

Products containing nuts

PLEASE DO NOT SEND YOUR CHILDREN WITH NUTS OR FOOD CONTAINING NUTS. AS WE HAVE A NUMBER OF CHILDREN WITH NUT ALLERGIES.

Products containing nuts include, but are not limited to:

- Peanut butter
- Chocolate spreads, including Nutella
- Cereal bars
- Cakes and biscuits

General

Midday Supervisors and class staff check whether the children have eaten the food in their packed lunch and encourage children to eat food that they have left. Uneaten food is returned to packed lunch boxes so that parents can see what is being eaten by their child.

- Parents should try to ensure that lunches are in insulated bags and that small gel packs or ice packs are used to keep food cool.
- Parents should provide cutlery for items such as yoghurts. These should be placed in the packed lunch box.
- Parents should ensure that lunch boxes and any cutlery are washed on a daily basis.
- Children must always bring their school water bottles to school even if they have a separate drink in their lunchbox. Children are permitted to drink water from their school water bottle at any point during the school day. Children are allowed to refill their school water bottles if required.

Special Diets and allergies

Surrey Street Primary 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.

Healthy Lunch Box examples:

Mini cream cheese bagel, pretzel sticks, strawberries, green grapes and yogurt dip



Turkey and cheese sandwich squares, celery sticks, pretzels, peeled satsuma and raisins



Veggie pasta, salad wrap, apple slices and pancakes



Filled sandwich, carrot & cucumber sticks, cheese crackers and cherries



Pasta Salad:



Veggie loaded pasta salads make a light but filling lunch box dish. These could be paired with one or two of the following:

SIDES: Pretzels / crackers / bread sticks / yogurt / fruit snack / raisins / cheese cubes / string cheese / mini rice cakes

FRUIT: Strawberries / grapes / banana / satsuma / orange slices / blueberries

VEGGIES: carrot sticks / cherry tomatoes / cucumber slices / sugar snap peas / celery sticks