



## Our Lady of the Assumption Catholic Primary School



### Approved Healthy Lunch Policy

Approved by Full Governing Body: 29<sup>th</sup> January 2020

Signed

Chair of Governors.

Reviewed: June 2026

To be reviewed July 2027

#### Safeguarding Statement:

'Our Lady of the Assumption Catholic Primary School is committed to safeguarding and promoting the safety and welfare of all children and expects all staff, parents, governors and volunteers to share this commitment.'

#### Our Vision

As a Catholic school that puts Christ at the centre, we are committed to encouraging everyone to 'Be the Best They Can Be'

#### Values and Ethos

We believe that everyone is made in the image and likeness of God and we value the equality of all, reject discrimination of any kind, and welcome the diversity of different cultures.

#### Policy Rational

This policy aims to give clear guidance to parents/carers, pupils, governors and staff 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. The policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

#### Development of the Policy

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell guide demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix 1). School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. It is recommended that foods from the high fat and/or sugar group on the Eatwell guide (e.g. crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

#### Content of Packed Lunches – Guidance would recommend the following in order to achieve a healthy lunch:-

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches and should include the following:

- **Fruit and Vegetables;** at least one portion of fruit and one portion of vegetables
- **Protein;** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon, tuna
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- **Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- **Drinks;** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. NO FIZZY DRINKS
- **Puddings;** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

#### **Foods to avoid or limit:-**

- Crisps, cakes and plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

#### **Packed lunches should not include any of the following:-**

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling

#### **Special diets and allergies**

Our Lady of the Assumption is a nut-free school. This means that the following products are not allowed in school:

- Peanuts and nuts and products containing peanuts or nuts.
- Peanut butter or peanut based chocolate snacks (Snickers/ Reece's pieces etc).
- Items where peanuts or nuts are listed as main ingredients.
- Nut or peanut based oils or products.

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 make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

#### **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. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

#### **Staff**

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

### **Facilities for packed lunches**

#### **We will:-**

- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, 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/carers where necessary and offer guidance on bringing healthy packed lunches.

If a lunch does not meet nutritional standards, parents will be given a leaflet (appendix 2) and advised on the changes that need to be made. **ANY SWEETS OR FIZZY DRINKS WILL BE CONFISCATED UNTIL THE END OF THE DAY.** These may be substituted with a piece of fruit and alternative drink.

### **Working with parents and carers**

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a range of ways to support parents/carers e.g. regular information on newsletters, special meetings and workshops.

# Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 1046kJ 250kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
12.5%	LOW	LOW	HIGH	MED
	7%	6.5%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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### Practical tips for a healthy packed lunch:

- Involve your child in choosing and preparing their packed lunch.
- Keep food fresh by adding a small frozen ice pack.
- One child's portion size of fruit or vegetables is roughly the same amount as they could hold in their hand.
- Swap to wholegrain bread, or use one slice of white and one of brown.
- Try to vary fillings for sandwiches and always try to add some salad.
- Ideas for fillings include lean meats, chicken and mashed avocado, Quorn slices, hummus, egg, fish (such as tuna or salmon), cottage cheese, grated cheese or sliced banana.
- Try an alternative to sandwiches- make rice, pasta, couscous or bean salads instead. Or use rice cakes, crackers or wholemeal bagels.
- Use up leftover vegetables by making a soup and bringing it in a flask.
- Swap squash and sweetened drinks to water or milk.

### Please note:

- Waste or uneaten items are taken home in your child's packed lunch box.
- Some of our pupils may require special diets and for this reason pupils shouldn't swap food at lunchtime.

### For more information and advice have a look at:

[www.change4life.com](http://www.change4life.com)



## Healthy Packed Lunch

### Guidance



### Why have a packed lunch guidance?

As a Healthy School we encourage good eating habits for our children and provide guidance to support children making healthy choices.

Our Lady of the Assumption school lunch menus are created to ensure a healthy balance across the week based on the **Eatwell Guide**.



However, many of our children currently bring a packed lunch to school. This guidance has been produced to guide parents, carers and children about what choices should be made for healthy packed lunches.

Use the information in this guidance leaflet to make your child a healthy packed lunch.



A healthy lunch gives children the energy they need to learn and play for the rest of the day.

## What is a healthy packed lunch?

A healthy packed lunch is a balanced meal based on items from our four main food groups (green worded sections):

### ✓ Fruit and vegetables

We encourage at least one item of fruit or vegetable in packed lunches to provide plenty of fibre, vitamins and minerals. This may include fresh, frozen, dried or tinned:

- A piece of fresh fruit or raw vegetable.
- Dried fruit including raisins, apricots and dates.
- Add salad items such as tomato, cucumber, grated carrot, beetroot or lettuce to a sandwich.
- Fruit smoothies.
- Finger foods such as cherry tomatoes, cucumber, peppers or celery sticks which are good with a dip eg hummus.
- Fruit salad / kebab.
- Vegetables added to salads eg sweetcorn, peppers.

### ✓ Meat and alternatives

Add some protein which is vital for healthy growth:

- Lean meats such as chicken, turkey and ham.
- Oily fish such as sardines and mackerel.
- Fish such as tuna or salmon.
- Cheese such as Edam, cottage cheese or soft cheese.
- Eggs including quiche or omelette.
- Meat alternatives such as tofu.
- Dishes containing pulses or beans such as dhal, bean salad or hummus

### ✓ Milk and dairy foods

Include item(s) from this group which are crucial for healthy bones and teeth:

- Choose from milk, fruit smoothie (made from yoghurt / milk), yoghurt, fromage frais and cheese.

### ✓ Starchy foods

Base each packed lunch on a starchy food as these foods are great for energy:

- Try different types of bread including bagels,
- pitta breads, wraps, chapattis or bread rolls.
- Other starchy foods include pasta, rice,
- potato, noodles or couscous. Whole grain varieties are best for fibre.

### ✓ Drinks

Drinks, particularly water, help your child to concentrate:

- We encourage water or milk rather than pure fruit juice or sugary drinks be included in packed lunches. Water is freely available in school during the day.

### Snacks (amber items)

Snack items may occasionally, weekly as a treat, be included in packed lunches but aim for healthier options. Snack foods tend to be high in fat, sugar and salt.

Alternatives could include malt loaf, fruit bread, fruit scone, plain popcorn, fig rolls, fruit crisps, fruit based cakes and bars, rice cakes or seeds.

Packed lunches must not include fizzy drinks or sweets. These items will be confiscated until the end of the day.