

In Partnership with



This policy has been established by Dolce to help to promote healthy eating and well-being of children within our school.

If you wish to find some additional information on healthy packed lunches, we would recommend looking at Government sources including the School Food Trust and Children's Food Trust.

### **Introduction**

Healthy changes regarding diet during childhood can help prevent many health problems, both in the short term and later in life. To grow and stay healthy children need to eat a nutritionally well-balanced diet.

It is a well documented concern that children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

We aim to ensure that the new standards for school meals are mirrored within packed lunches.

### **Foundation**

School is an influential part of a child's life and can largely contribute to improving the health and well-being of pupils and their futures. Schools are required to promote the health and well-being of its pupils as a high priority.

The content of lunch boxes must meet minimum food and nutrition standards for school meals. The contents of lunch boxes in some schools can be immensely unhealthy, they mostly contain foods with high levels of sugar, salt and fat and usually have very few fruit and/or vegetable items.

The immediate effects of eating unhealthily can include poor growth, tooth decay, obesity, poor concentration and behavioural problems which may have an impact on a child's learning.

The long-standing effects of eating unhealthily can include having an increased risk of strokes, cancer, heart disease and diabetes.

### **Aims:**

- To change the eating habits of children and further progress the quality of packed lunches in our school.
- To develop awareness in pupils, parents, staff and the local area that the school takes an active approach to promote a healthy diet.
- To reassure healthy eating in children that can influence them for the future.
- To ensure that food brought into the school reflects the food standards that have been put forward in this policy.

### **Execution**

This packed lunch policy fits in with our approach to whole school healthy eating.

In reference to the Children's Food Trust; a healthy, balanced and nutritious packed lunch should include foods from the following food groups:

- **Starchy foods**- such as brown, seeded or wholemeal bread, potatoes, rice and brown pasta. These foods provide carbohydrates to give your child energy for the afternoon.
- **Fruit and vegetables**- these foods provide fibre, vitamins and minerals to help protect against illness.
- **Non dairy sources of protein**- such as meat, fish, eggs and beans. These foods provide protein, iron and zinc for growth.
- **Milk and dairy foods**- these foods are a good source of calcium for strong bones and teeth.

**Drinks**- such as water, milk or diluted fruit juice to help with hydration and concentration.

**These are the restricted items which you should not bring into school.**

- Foods and drinks high in sugar and/or fat  
Limiting these items will help to reduce the risk of obesity, help to prevent tooth decay, heart disease, the risk of stroke and diabetes.
- Sugary, fizzy or energy drinks in bottles, cans or cartons.
- Chocolate coated products, sweets or confectionery.
- Crisps or savoury snacks high in salt and/or fat.

### **Duties of the school**

- The school's staff can, if they think it is necessary to, send uneaten food home with the child. The benefit of this is that parents can observe what their child is eating and the quantity of food left at the end of the school day.
- The school will need to provide appropriate storage facilities for packed lunch bags/boxes during the school day. The school will also provide a suitable seating area for the pupils on packed lunches.
- The school will need to monitor children's lunch boxes and relay to parents any concerns the school has in a timely and sensitive manner.

### **Duties of the parents**

- Parents need to provide suitable packaging for their child's packed lunch for storage in the school until the lunch service.