

Yeadon Westfield Infant School

Packed Lunch Guidance This school is committed to safeguarding and promoting the wellbeing of all children, and expects our staff, governors and volunteers to share this commitment. This policy should be read in conjunction with all other school policies.

Aim of the guidance

To ensure that all packed lunches brought and consumed in school [or on school trips) provide pupils with a healthy, balanced and nutritious lunch, promoting equality for all pupils.

National and Local Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has been written to reflect 'The Eatwell plate' model of healthy eating and supports key outcomes of the School Food Plan. The guidance supports Ofsted's commitment to assess pupils' knowledge of how to keep themselves healthy and our schools ethos of healthy eating.

Eating Arrangements

Pupils bringing a packed lunch will eat together with those who eat a school meal. We will provide free fresh drinking water for all pupils therefore there is no need to include an additional drink in lunchboxes.

Special diets and allergies

It is acknowledged that some special diets may not allow lunchboxes to comply with the policy. The school will work with all families to ensure that lunchboxes are as healthy and nutritious as possible and will agree alternatives where possible.

Please inform the school of any special dietary requirements in writing, supported by a letter from the GP when possible.

How we will support the guidance

Pupils and parents who regularly struggle to provide a healthy packed lunch in line with school guidelines will be supported sensitively on an individual basis.

If discouraged items are found in lunch boxes, the school will remind pupils and parents/carers with a quiet word when the child is picked up from school.

We will support parents by posting photos of children's healthy lunch boxes, affordable menu ideas, recipes and useful tips for healthy packed lunches on the school website.

We will support pupils through education and practical learning in the curriculum.

We will ensure that messages within our School Food Policy are consistent and in line with this guidance.

Review

We welcome pupils and parents/carers to discuss the contents of the guidance with school at any time and offer ways to help improve healthy eating.

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Sharing the Packed Lunch Guidance

We will send home a copy of the guidance to new parents and a reminder of where to find it on our school website.

The guidance will be available on our school website.

Key messages and useful tips will be shared via newsletters as required

Eating a balanced diet is really important for a child's growth and development. A healthy, enjoyable lunch gives children the energy they need to learn and play at school.

We recommend that packed lunches contain one food from each of these groups everyday: Fruit and vegetables -at least one portion!

Try to include three different fruits and three different vegetables each week.

Options can include fresh, tinned (in natural juices) or dried.

There are lots of different colours and creative ways to present them so they are more appealing

Starchy food

Such as bread (wraps, pittas, bagels) pasta, rice, couscous, noodles, potatoes etc.

Include whole grain variety at least once a week. You could try 50:50 bread or mix white and whole grain pasta/ rice together.

Dairy food

Such as milk, cheese, yoghurt, fromage fraise, custard etc.

Check the labels on yoghurts as many are high in sugar. Choose yoghurts containing real fruit where possible. Freezing yoghurts is a great way to keep lunchboxes cool they'll defrost by lunch time.

Non-dairy protein

Meat, fish, eggs and pulses (beans, lentils, hummus etc.)

Try to include a variety. This could include chicken, ham, tuna, beans, lentils, houmous, soya, Quorn, tofu, eggs, beef, chickpeas, salmon, mackerel, sardines.

The following foods contain high amounts of fat, sugar, salt or processed meat. We therefore recommend that they are only included as a treat once or twice a week.

Cakes and biscuits

A small cake or biscuit is allowed occasionally as part of a balanced lunch and must not contain any confectionery. This could include scones, fruit loaf, plain muffins, flapjack, plain biscuits.

Crisps

Healthier alternatives are flavoured rice cakes, crackers, oat cakes breadsticks.

Meat Products

Such as sausage rolls, individual meat pies, sausages / chipolatas

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The following foods are not allowed in school

Fizzy drinks

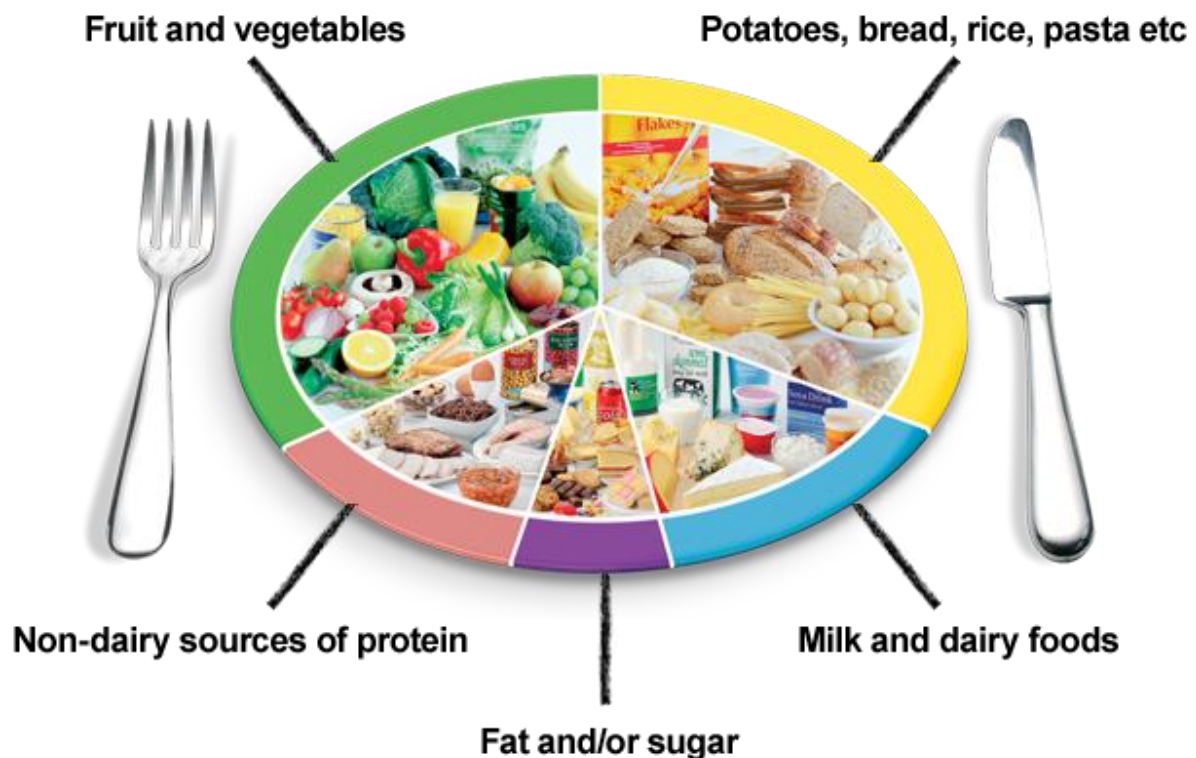
Confectionary

Sweets, chocolate bars, cereal bars anything coated in chocolate.

Nuts Any products containing nuts as we have children with nut allergies.

Fresh drinking water is provided by school for all pupils. Therefore there is no need to include an additional drink

The eatwell plate



For more information and advice about healthy eating visit the following websites:

www.schoolfoodtrust.org.uk

www.nhs.uk/change4life

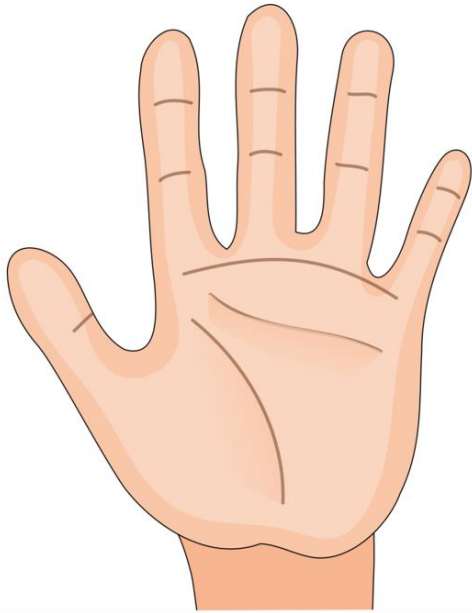
www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx

All our school meals are carefully planned to ensure they provide a balanced, healthy diet. If you would like your child to have a school lunch, please contact the School Office.

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4 finger check for a healthy packed lunch.



1. A piece of fruit or vegetable

2. Starchy food – bread, pasta, rice...

3. Dairy food – cheese, yoghurt...

4. Non-dairy protein – meat, fish, egg, beans.

Thumbs up for a healthy packed lunch

