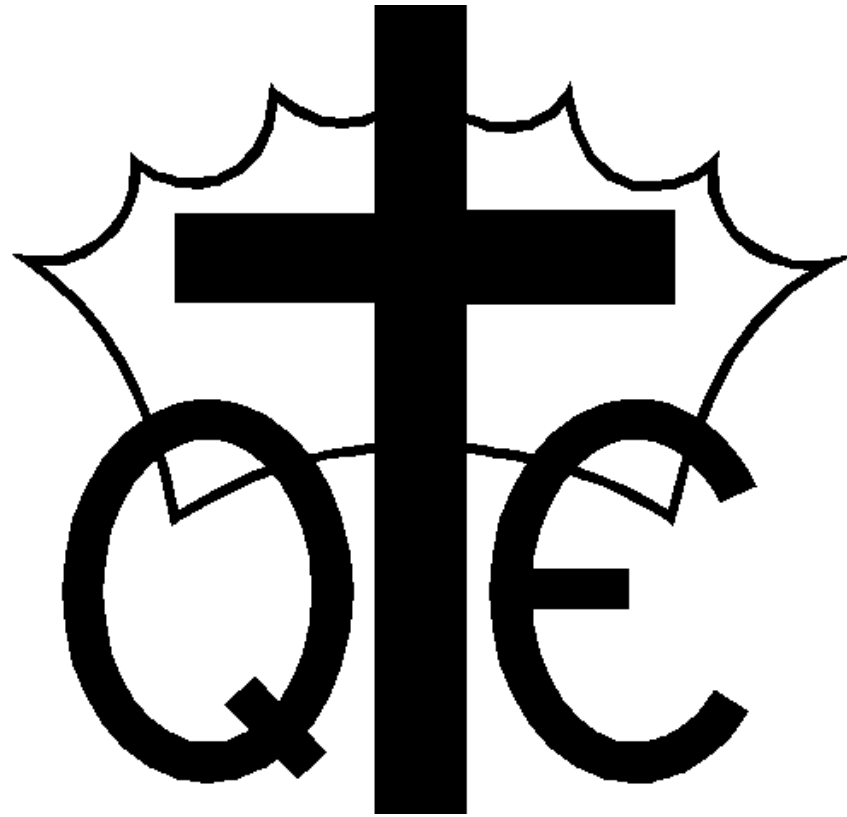


Queen Eleanor's C of E Junior School



Policy Title: Healthy Eating Policy

Responsibility of: SLT

Effective from: January 2025

Review date/cycle: January 2026

Introduction

At Queen Eleanor's, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. This packed lunch policy is supported by the curriculum, where healthy eating is discussed and promoted in a number of subjects. 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.

Aims:

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools
- To give clear guidance to parents/carers, pupils, governors, and staff on providing a healthy packed lunch
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood, setting a trend for lifelong changes.

Food contained in a packed lunch

Packed lunches should be based on the EatWell plate model and should aim to include all of the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- A non-dairy source of protein - meat, fish, egg, beans or pulses, such as lentils, kidney beans, chickpeas, hummus or falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other types of cereals.
- Dairy foods such as milk, cheese or yoghurt.
- Drinks - any drinks provided in lunch boxes should only include plain water,
- Unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

As part of the packed lunch policy, children's packed lunches should always include:

- A starchy food, such as bread, potato, rice, pasta, or yam
- At least one item of fruit, vegetable or salad
- A balance of foods from different food groups

To keep packed lunches in line with the food-based standards for school meals, packed lunches should not include:

- Chocolate or food items containing chocolate
- Other confectionery such as sweets and chewing gum
- Fizzy or sugary drinks
- Fruit flavoured full sugar squash drinks such as Ribena, Fruit Shoot or
- Capri Sun (no added sugar squash drinks are allowed)
- Diet or energy drinks which contain high levels of caffeine and other additives, and are not suitable for children

Occasionally (such as special occasions like a birthday) the following may be included:

- Snacks such as crisps
- Meat products such as sausage rolls, individual pies, corned meat and sausages - these foods have a very high fat and salt content
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal

Special diets and allergies

-Some pupils within the school suffer from food allergies.

-Queen Eleanor's has a **no nuts** policy as some children and staff have an extreme allergic reaction to nuts. Please **do not** give your child food that contains nuts.

-The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

-Children, with food allergies, who are accessing school dinners will be given a different coloured lunch band to show kitchen staff/midday supervisors that they have a food allergy.

-All staff in school are made aware of children with food allergies.

Health and safety

It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack.

Storage of Packed Lunches

The school will provide storage areas/facilities for packed lunch bags in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas.

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. For further lunchbox ideas please see the NHS website <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>