



Otley All Saints Primary School

Packed Lunch Guidance

Aim of the guidance

To support parent/carers to provide pupils with a healthy, balanced and nutritious lunch, promoting equality for all pupils and ensuring consistency between school meals and packed lunches.

Background

A school packed lunch policy document has been developed for schools in our cluster. After review by the governing body and following feedback from some parents, we have decided to provide guidance to packed lunches rather than policy. This will be monitored over the next term to see if a policy might be better.

In the development of the original policy, we consulted with head teachers, children and parents in all of the cluster primary schools, through face to face and written consultation events. The results of these consultations are available upon request.

In addition to reflecting the standards that have to be met by school meals, the policy was written to reflect the Eatwell plate model of healthy eating and supports key outcomes of The School Food Plan. This supports Ofsted's commitment to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Why we are providing guidance?

- Unlike school meals, packed lunches do not have to comply with government School Meals Standards.
- The School Meals Standards (enforced by the government since 2008) states that all school meals should contain at least one type of the following foods: protein rich, low-fat starchy, vegetables, fruit and dairy
- The School Meals Standards also includes policies for the amount of nutrients (e.g. ensuring not too much salt, fat) and forbids certain foods including confectionary and sugary drinks.
- Not all packed lunches are of poor nutritional quality but evidence shows that, on average, less than 5% of packed lunches meet the School Meals Standards; only 50% contained at least 1 piece of fruit and more than 80% contained restricted foods
- Promoting healthy packed lunches with a guidance aims to improve the content of packed lunches and importantly, means that packed lunches follow the same standards as the school meals
- School packed lunch guidance is just one of the things that we are doing in the school to promote health. Other activities include the PE offer and other sport opportunities (e.g. street dance), and the on-going healthy eating curriculum.

A review of school meals

In order to ensure that the packed lunch guidance is truly reflective of school meals, we have reviewed our menus so that they do not contain foods that are not recommended in the packed lunch policy. Guidance does not suggest, for example, that children cannot bring in small pieces of cake, but chocolate is not recommended. So, any chocolate containing foods (e.g. chocolate pudding) will be replaced. As our school meals are already of high standard, there will not be too many changes.

Where, when and who the policy applies to

This guidance applies to all pupils, staff and parents or carers providing packed lunches to be eaten within school or on school trips during normal school hours.

Eating arrangements

What to expect from school:

We will provide an attractive, bright and clean environment for pupils to eat their packed lunches.

We will provide free, fresh drinking water for all pupils, therefore there is no need to include an additional drink in lunchboxes.

What we are encouraging Parents/ Carers to do:

Please read the leaflet provided which summarises the guidance for packed lunches. This gives suggestions for packed lunch menus and provides tips for foods and drinks that can be swapped for more healthy alternatives. These documents were reviewed and liked by children across the cluster.

In order to support all children to have the same healthy meals, we would like all parents/carers to read the guidance and make any necessary changes to packed lunches. Many parents will already be providing foods in line with the guidance.

Special diets and allergies

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

Our school catering service is committed to meeting the dietary needs of all pupils so we encourage pupils to eat a school meal where the packed lunch policy does not support their needs. Please inform the school of any special dietary requirements in writing, supported by a letter from the GP when possible.

Monitoring

We will carry out regular monitoring of the contents of packed lunches. We will share findings with parents and pupils where appropriate.

Healthy packed lunches will be acknowledged and rewarded with positive praise, stickers, house points and/or a place on the top table. We will not punish unhealthy packed lunches or stigmatise children who are unable to meet the guidance.

How we will support the guidance

Pupils and parents or carers who regularly struggle to provide a packed lunch in line with the guidance will be supported sensitively on an individual basis. If discouraged are commonly found in lunchboxes, the school will remind pupils and parents/carers of the guidance.

We will support parents by re-sending home affordable menu ideas, recipes, portion guidance and useful tips for healthy packed lunches (see appendices).

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

We will ensure that messages within our 'whole school food policy' are consistent and in line with this policy.

We welcome pupils and parents/carers to discuss the content of the guidance with school at any time and offer ways to help us improve healthy eating. The guidance is also available in full on our school website.

Adopted by School's Governing Body on: 29th November 2016

To be reviewed (annually) by: 1st December 2017

Appendix 1

The Eatwell Plate

In our guidance, foods from the purple slice shown below are discouraged in packed lunches:











Appendix 2

Portion Size Guide

Portions seem to be getting bigger- crisps, chocolate bars, fizzy pop drinks, take aways, pizza – even plates seem to be growing! To make sure children don't end up with the same amount of food as an adult, we have to think about what portion is right for them. This will make sure they have enough energy to learn and play but also stay a healthy weight.

Check out the guide below for what makes up a healthy lunchbox.

	VEGETABLES	FRUIT	STARCHY FOOD	MEAT, BEANS, FISH, EGGS	DAIRY	TREAT
COULD INCLUDE	Carrot, pepper or cucumber sticks, grated carrot, cherry tomatoes, vegetables such as peas or sweetcorn as part of a salad.	Grapes, kiwi, melon, apple, banana, strawberries, fruit salad, fruit kebabs, tinned fruit in juice, or dried fruit.	Wholemeal bread/ half and half bread, rice, pasta, wraps, potatoes, pittas. 	Lean cooked ham, chicken, boiled eggs, beef, chickpeas, tuna, mackerel, lentils, quorn, tofu, kidney beans or broad beans.	Yoghurt (low sugar varieties) fromage frais, cheese spread, cheese portions, rice pudding, soft cheese. 	Fruit loaf, banana bread, fruit muffin, baked samosa, plain breadsticks with houmous or tzatziki, small plain or fruit cake.
PORTION SIZE	One child's handful of vegetables. 	Dried fruit: 1 dessert spoon. Fresh and tinned fruit: one child's handful. 	Two slices of bread from a medium sized loaf, one medium pitta pocket, one wrap or one child fist size of cooked rice or pasta. Two or three egg sized potatoes. 	One child's palm size, thickness of the little finger. 	A 125g pot of yoghurt or fromage frais, rice pudding or a small matchbox (30g) size piece of cheese. <i>Ensure dairy replacements have added calcium in them.</i> 	Approximately ½ a child's size palm. 

Match up some swaps you could make in your lunch box to make it super healthy, or choose new ones.

Let's get swapping!!

Items to swap



Healthy swaps



Appendix 4

Suggestions for Packed lunches

Packed Lunch

LOW COST MENU IDEAS

TOOL 19

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
OPTION 1					
	<p>Tuna & sweetcorn pasta salad An apple Small tub of rice pudding <i>Cost*: 55p/77p</i></p>	<p>Egg salad sandwich Small tub of tinned pineapple Slice of fruit cake with soft cheese spread <i>Cost*: 63p/90p</i></p>	<p>Ham & soft cheese sandwich A banana Small tub of carrot sticks <i>Cost*: 50p/75p</i></p>	<p>Beef & onion salad sandwich Tub of rice pudding & raisins A banana <i>Cost*: 65p/£1.03</i></p>	<p>Mackerel potato salad A slice of fruit loaf Cherry tomatoes <i>Cost*: 57p/77p</i></p>

*Costs were calculated based on the average price across 6 'bargain' style stores across Leeds (2016), including Tesco's Everyday Value range. Costs given denote average cost for primary/secondary pupil portions in accordance with statutory portion sizes.

OPTION 2

DAY 1



Rice with peas and a boiled egg
A handful of grapes
A small slice of malt loaf
Cost*: 55p/77p

DAY 2

Ham & cheese salad sandwich
A banana
3 oatcakes
Cost*: 60p/£1.01



DAY 3



Cheesy tuna & pea pasta salad
A handful of grapes
A fromage fraise
Cost*: 64p/92p



DAY 4

Mixed bean & sweetcorn rice salad
Small handful of dried fruit
A handful of grapes
Cost*: 56p/96p



DAY 5



Ham, pea & soft cheese pasta salad
Small slice of plain sponge cake
An apple
Cost*: 78p/£1.16

*Costs were calculated based on the average price across 6 'bargain' style stores across Leeds (2015), including Tesco's Everyday Value range. Costs given denote average cost for primary/secondary pupil portions in accordance with statutory portion sizes.

OPTION 3

DAY 1



Ham & cheese salad sandwich
Oatcakes with peanut butter
Small tub of tinned pineapple
Cost*: 67p/£1.13

DAY 2

Tuna & sweetcorn pasta salad
Small tub of tinned peaches
A fromage frais
Cost*: 60p/85p



DAY 3



Chickpea & sweetcorn pasta salad
Small handful of dried fruit
Tub of rice pudding
Cost*: 54p/89p

DAY 4

Ham & cheese sandwich
Tub of carrot sticks
A clementine
Cost*: 49p/79p



DAY 5



Peanut butter & salad sandwich
A clementine
A fromage frais
Cost*: 51p/72p

*Costs were calculated based on the average price across 6 'bargain' style stores across Leeds (2015), including Tesco's Everyday Value range. Costs given denote average cost for primary/secondary pupil portions in accordance with statutory portion sizes.

Packed Lunch CREATIVE IDEAS AND TOP TIPS

TOOL 17



Creative ideas and top tips for exciting packed lunches

EAT ME

Write little notes or surprise messages in lunchboxes.

Use fun and colourful Tupperware and swap it throughout the week.

Use stickers in and on lunch boxes to reward children for choosing to eat the healthy option in their lunchbox.



Play the smart swaps game - ask your child/children to swap food items to healthier alternatives. It's not about cutting food out but just making similar swaps.

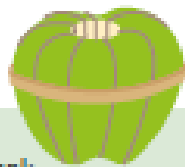


MENU

Create a menu for the week and ask your child/children help and take ownership for their own menu. Make sure you guide them to choose a balance in line with the packed lunch standards.

How to include more fruit:

Core and slice an apple then put it back together and pop an elastic band around it - bite size crunchy slices that are ready to eat and won't go brown!



Make fruit kebabs - putting fruit on a stick makes it much more exciting!



Make a pick 'n' mix style fruit selection - more colours, more flavours and more fun.



Mix grated hard cheese with grated apple a squeeze of lemon and a little mayonnaise - this makes a fruity coleslaw!



How to include more vegetables:

Try sticks of carrot, cucumber or pepper or cherry tomatoes. Children are much more likely to eat veg if it's in bite-sized pieces, and if they don't have to peel it themselves.



Try grated carrot or pepper as sandwich fillers - these are sweet and crunchy and less likely to make bread go soggy.



Pasta and rice salads are an easy way to pop some extra veg in - try pea, sweetcorn, grated carrots, courgette, celery or pepper.

