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# KINGSBURY GREEN PRIMARY SCHOOL

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Healthy Eating /  
Packed Lunch policy

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June 2016  
May 2017

Final  
Review

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# HEALTHY EATING / PACKED LUNCH POLICY

## Aim

To ensure that all packed lunches brought from home and consumed in school or on school trips provide pupil with balanced, healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

## National guidance

This policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and School Food in England guidance <https://www.gov.uk/government/publications/standards-for-school-food-in-england>.

## Health and nutrition information – national and local contexts

This policy takes into account national and local health data relating to trends in the UK and for Brent children. We recognise the need for school to be responsive and take appropriate action through policy.

**1 in 3.5 of Y6 children in Brent (40%) are overweight or obese versus the national average of 35%. Brent has one of the highest rates of childhood obesity in England. See Appendix 2 for information about obesity in the United Kingdom.**

Being overweight or obese in childhood has consequences for health in both the short term and the longer term. Once established, obesity is notoriously difficult to treat, so prevention and early intervention are very important. Emotional and psychological effects of obesity have led to children rating their quality of life as low as children with cancer on chemotherapy. Obese children may also suffer disturbed sleep and fatigue.

[Obese children and young people are more likely to become obese adults](#), and have a higher risk of morbidity, disability and premature mortality in adulthood. Many of the most serious consequences may not become apparent until adulthood but, for example, raised blood pressure, fatty changes to the arterial linings and hormonal and chemical changes such as raised cholesterol and metabolic syndrome can be identified in obese children and adolescents. Type 2 diabetes, previously considered an adult disease, has increased dramatically in overweight children as young as five, and has been dubbed 'diabesity'. Other health risks of childhood obesity include early puberty, eating disorders such as anorexia and bulimia, skin infections, asthma and other respiratory problems. Some musculoskeletal disorders are also more common, including slipped capital femoral epiphysis (SCFE) and tibia vara (Blount disease).

Information taken from National Obesity Observatory [www.noo.org.uk](http://www.noo.org.uk) (Public Health England, Executive Agency of the Dept of Health)

The UK, it says, has the third-highest rate of excess weight in Western Europe behind Iceland and Malta. 67% of men and 57% of women in the UK are overweight or obese according to the study which uses a **Body Mass Index (BMI)** of over 25 to define 'overweight' and a BMI of 30 or more to define 'obese'

**46% of 5 year olds in Brent already have one or more decayed, missing or filled teeth compared to 27.9% in England.**

## Policy Objectives

- To make a positive contribution to children's health and the Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools this must adhere to national standards set by the government.

Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.

## **Where, when and to whom the policy applies**

All pupils and parents providing packed lunches to be consumed, within school or on school visits during normal school hours. All food provision within school eg Breakfast Club / After School Club

## **Food and drink in packed lunches**

- We provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- We work with the pupils to provide attractive and appropriate dining room arrangements
- We will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- School dinner pupils and packed lunch pupils eat in separate areas in the dining room, occasionally they may sit together if there are insufficient places to sit.

## **Packed lunches should be balanced and include:**

- **At least one portion of fruit and one portion of vegetables every day.**
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- Oily fish, such as salmon or mackerel at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes, pitta bread, wrap or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Only water, still or sparkling, semi-skimmed or skimmed milk, yoghurt or milk drinks and **homemade smoothies**. Water, infused at home with flavour from fruit pieces is a healthy alternative to cartons of fruit juice
- Seeds, with no added salt, sugar or fat.

**Please note: fruit juice has a high sugar content and is not a healthy option. Shop made smoothies also have high fruit sugar content.**



### **Some suggestions for typical healthy packed lunches:**

- Tuna sandwich, cucumber, cheese triangle or stick, fromage frais or yogurt, bottle of water and some strawberries.
- Chicken and vegetable wrap: this can be roast, boiled or grilled vegetables or salad. Apple, cheese cubes, slice of malt loaf.
- Pasta or noodle salad - can be plain or with cheese, tuna etc. **homemade** smoothie, custard pot, tomatoes and blueberries.
- Soup and left over dinners. Tomato or vegetable soup. Bread or crackers for the soup. Pasta & sauce, curry and rice, casserole or stir fry. Melon pieces, slice of raisin bread, bottle of water and yogurt tube. *Soup and left over dinners can be stored in a thermos to keep them warm.*

The Eatwell Guide food wheel suggests what to eat for a healthy balanced diet. It recommends that biscuits, cakes, crisps and sweets are food types that should be eaten less often and in small amounts due to their high sugar / salt / fat content.

The school recognises that many children have been used to eating these food types on a daily basis and that changes in diet towards a more healthy balance may need to be reduced steadily over time.

**For this reason we will continue to permit crisps or crisp based products, small cake based products or muesli bars / cereal bars in packed lunches, for an interim period.**

Where crisp products, cereal bars, small cake products are provided, please provide **only one or the other.**

#### **The school recommends:**

- **Crisps or crisp products should be low salt, low fat or baked as a healthier alternative**
- **Malt loaf or fruit loaf be used as a healthier 'sweet' alternative to muesli bars / cereal bars or small cake products, which have a high sugar content.**

More ideas for packed lunches can be found at: [www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration](http://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration)

Or, look at the site below which is especially good for parents/carers with limited time to prepare lunches.

[www.childrensfoodtrust.org.uk/childrens-food-trust/parents/](http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/)

#### **Packed lunches should not include:**

- Chips, cold McDonalds or fast food of any kind.
- Sweets or chocolate bars or chocolate covered biscuits.
- Fizzy – carbonated drinks, energy drinks, including 'flat' / non fizzy e.g. Lucozade or Powerade.
- Juice drinks – due to high sugar content

## **Special diets and allergies:**

Be aware of nut allergies. We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) website for accurate, reliable information on managing allergies in schools.

We at school also recognize 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. Please inform the school should your child have a special diet, for these reasons pupils are also **not permitted to swap food** items.

## **Difficult Eaters:**

We realise that some children may have difficulty with some foods and may be quite rigid in their eating habits. Our school is committed to helping and encouraging children to try new foods so that they have a healthy and balanced diet. We will encourage and work with parents for this to happen. Should any parent have any concerns about their child's eating habits or diet please contact the school to speak with the Welfare Officer.

## **Assessment, evaluation and reviewing:**

As a school we have a duty of care to ensure children are having a balanced lunch and we aim to work with parents and children to achieve this.

Packed lunches will be regularly reviewed by School Meals Supervisor Assistants (SMSAs) and Lunch time Monitors who will inform our Welfare Officer if they have any concerns about a child's packed lunch. The Welfare Officer will contact parents if there is a concern that a pupil is regularly being offered more than 1 item that is not included inside the Eatwell Guide food wheel.

## **Celebrations and rewards in school**

In order to fully support pupils and families to make the transition towards a healthier diet, the school is making the following changes:

- The school will no longer provide pupils with food 'treats' as a reward eg for a Pupil Leadership role or 100% attendance / punctuality treat
- Parents are asked **NOT** to send children in with cakes or sweets to share with the class for birthday celebrations (these will be returned to you). Any celebration could be marked by the healthier option of a 'fruit share' or by the donation of a game or a book that the class can share.

There are a few exceptional occasions during the year when the school will provide a food based 'treat', as part of a whole experience e.g. ice pops on Sports Day, toasted marshmallows around a campfire during a 'John Muir' sleepover event, popcorn for a 'school cinema' event or ice cream on a school visit to the seaside.

The school continues to welcome parental donations of food towards planned class parties or picnic events.

**Further guidance and information from Brent dieticians, for supporting a healthy, balanced approach to a child's diet:**

- Children should be offered 3 meals a day
- Children should be provided with two nourishing snacks a day, between meals (see App 1 for the guide to Healthy Snacks / Not So Healthy Snacks). Children have smaller stomachs so it is important to ensure they have a regular food intake
- Lunch should provide 40% of a child's daily intake
- Fruit juice has a high sugar and acidic content and should be substituted with water that had been infused with real fruit to flavour it – to prevent tooth decay. For example, one cup of cola drink has the same sugar content as one cup of juice. 1 juice carton has 4 oranges in content, with all the goodness of the fruit removed, leaving only the sugar based content and orange flavour
- Squash drinks (even those without added sugar) are still high in acidic content and are not good for teeth.
- Food products with no added sugar still have a sweet flavour which encourages children to have an appetite for it

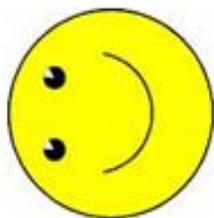
Further helpful websites include:

**Firststepsnutrition.org** (for ideas on feeding younger children and encouraging a healthy diet)

**Nhs.uk / change4life** (good examples on how to reduce sugar intake and other features on developing a healthy lifestyle)

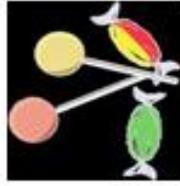


# Healthy Snacks





# Not so healthy Snacks



Brent

London North West Healthcare  
NHS Trust