



Packed Lunch Policy

2024-27

Policy adopted: February 2024

Policy agreed by Governing Body:

Date Policy to be reviewed: February 2027

Brushwood Packed Lunch Policy

At Brushwood, 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. The policy is supported by what is taught in our curriculum where healthy eating is discussed and promoted across the curriculum.

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. School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children.

The aim of the policy is:

- To improve the nutritional quality of packed lunches and other foods taken into schools
- 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 and pupils 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

What **should a packed lunch include?**

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

Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.

Protein - meat, fish, egg, beans, or pulses, such as lentils, chickpeas, hummus or falafel.

Carbohydrates - bread, pasta, rice, couscous, noodles, or potatoes. (See below)

Dairy foods - milk, cheese, yoghurt or fromage frais.

Drinks - only healthy drinks such as water, 100% pure fruit juice, semi-skimmed or skimmed milk, or fruit smoothies

To note:

- Flapjack or cereal bars are allowed so long as they do not contain either nuts or chocolate
- Plain breadsticks or crackers are allowed.
- A cake or biscuit is allowed so long as it is not chocolate.

What cannot be included?

Please do not send the following items in packed lunches:

- Chocolate or chocolate products (including chocolate biscuits, chocolate cake, chocolate puddings and chocolate/hazlenut spread)
- Crisps or savoury biscuit snacks (see below)
Pepperami style sausages.
- Sweets, including Fruit Winders
- Fast food including burgers, chips, and pizza.
- Nuts or any products containing nuts.
- Fizzy drinks, Fruit Shoots, Capri Sun, flavoured milk and milkshakes, and Ribena

Please note: Crisps will be allowed on Fridays only, which is the same day that children eating Hot School meals can choose chips.

During lunchtime staff will continue to monitor children's eating and the contents of lunchboxes. Where restricted items are found in a lunchbox, staff will remove them and give them back to the child at the end of lunch to be brought home. If lunch box contents continue to give cause for concern, staff will make a phone call to parents/carers to discuss their concerns.

We hope you will join us in supporting all our efforts to promote healthy lifestyles for Brushwood children.