



Charles Dickens Primary School

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Packed Lunch Policy

Aims

- To ensure that all food choices offered to pupils are nutritious and that pupils are given the knowledge to make healthy food choices.
- To support parents/carers in packing healthy and nutritious packed lunches that will help the school to promote a healthy environment and well fed/hydrated pupils, able to focus, concentrate and full of energy to learn.

Objectives

- To provide information and guidance to parents/carers on how to pack a healthy packed lunch. We would recommend that packed lunches include a main starchy meal with a portion of fruit, a portion of vegetable, a dairy and a protein portion. See attached guidance from the school food trust.
- To strongly advise against certain food items that go against the healthy eating ethos of the school and promote hyperactivity in children.
These foods include:
 - Fizzy drinks
 - Chocolate (including chocolate biscuits)
 - Sweets
- To restrict certain food items that have been proven to include unhealthy levels of salt, fat and sugar if consumed too often and can also have a detrimental effect on behaviour.
These foods include:
 - Crisps
 - Drinks with more than 5% sugar
 - Cakes
- To put in place a monitoring and follow up system using reminder slips to ensure that all points mentioned above are adhered to.

- To promote healthy food choice through example set by staff whilst within the children's immediate environment.
- To ensure that the above mentioned foods (when sent in by parents/carers for birthday celebrations etc.) are given to the children to take home at the end of the school day.

Consultation

This policy has been written in consultation with local authority, staff, parents and governors. Parents/carers will be made aware of this policy when applying to the school.

Monitoring

All relevant school staff will be made aware of the packed lunch policy and the system in place for enforcing it. Training will be given where appropriate in order to support this process.

For a balanced packed lunch select these healthier foods and drinks:

- Include at least one portion of fruit and one portion of vegetables or salad every day.
- Include oily fish, such as salmon, at least once every three weeks.
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel.
- A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.
- Include only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Avoid including these foods in packed lunches:

- Snacks such as crisps and peanuts should not be included. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies corned meat and sausages/chipolatas should be included only occasionally.
- Be aware of nut allergies. Refer to the school policy on nuts or visit www.allergyinschools.co.uk for more information.

Reviewed: March 2015