

St Matthew's Catholic Primary School

Packed Lunch and Healthy Food Policy



Through respect we will work together in Christ to develop the whole person

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Date of Review: November 2021

Leader: Mrs J Evans

St Matthew's Catholic Primary School Packed Lunch and Healthy Food Policy

"Through respect we will work together in Christ to develop the whole person"

This policy provides guidance to parents, children and all adults working within the school setting.

1. Purpose

At St Matthew's, we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve. We believe that as a school and in collaboration with parents and carers, we can work to educate our pupils with the knowledge and understanding of healthy foods. This will guide them to make healthy choices now and in the future using the Eatwell Guide for guidance **(see Appendix 1)**

2.1 Aims

While maintaining the policy, St Matthew's aims to:

- Offer advisory guidance on providing healthy snacks and packed lunch
- Promote the benefits of healthy eating and its effect on performance at school
- Improve the quality of snacks and packed lunches
- Ensure that the standards of packed lunches comply with the current nutritional standards of snacks and packed lunches. (For more information see DFE School Food in England publication).

2.2 To comply with our healthy eating policy, parents and carers are advised to:

Provide pupils with healthy packed lunches and snacks containing the recommended food groups **(see Appendix 2)**

3. National Guidance

Compliance with the School Food Standards is mandatory for all maintained schools. The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.

This policy is guided by the recommendations set out in the 'School Food in England Policy' March 2019 DFE and the Government's 'School Meals Healthy Eating Standards' **(see Appendix 3 for websites)**.

4. Application

This policy covers the following areas:

- 4.1 Water
- 4.2 Milk
- 4.3 Break time snacks during Covid Pandemic
- 4.4 Break time snacks post Covid Pandemic
- 4.5 School Lunches
- 4.6 Packed Lunches
- 4.7 School Trips and Residential
- 4.8 Curriculum

4.1 Water

All pupils at St Matthew's have access to free, fresh water in accordance with the DFE's guidance 'School Food in England' 2019 policy.

4.2 Milk

The school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. Milk is provided free of charge to infant and benefits-based free school meals pupils. Charges can be made for all other pupils. Whole milk can be provided for pupils up to the end of the school year in which they reach age 5, after that milk must be lower fat or lactose-reduced.

4.3 Break time Snacks during Covid Pandemic

***Please note that due to the current Covid 19 situation, all snacks coming into school from home are prohibited to reduce possible contamination. Additionally, in-school purchasing of snacks will not commence until we are advised that it is safe to so.**

Instead, in the academic year of 2020-2021, there will be **no costs** for the snacks provided each day by school which include: toast, biscuit snacks and fruit. Moving forward, parents and carers will be informed of any changes to costing in 2021 and beyond.

4.4 Break time Snacks Post Covid Pandemic

All foundation and Key Stage 1 children are provided with daily fruit or vegetables as part of The School Fruit and Vegetable Scheme (SFVS).

Key Stage 2 children are entitled to bring in a healthy snack from home including:

- A portion of fruit
- A portion of chopped vegetables-
- Breadsticks

Additionally, children will be able to purchase healthy snacks from our Tuck Shop. The children will run this as an enterprise programme where they will learn the importance of: budgeting, problem solving, working independently and communicating with adults and their peers.

4.4 School Lunches

From September 2014, every child in reception, Year 1 and Year 2 in state-funded schools are entitled to a free school lunch. For Key stage 2 children, Free School Meals are available to pupils of all ages that meet specific criteria under the Education Act 1996, for more information about criteria and eligibility, see www.stmatthewsprimaryschool.co.uk under the parents and school dinner's tab.

School Lunches can be purchased via the school office for children not eligible for free school meals. (see school office for details). A 3 weeks menu is available at www.stmatthewsprimaryschool.co.uk under the Parent's section of the website.

The food we provide is compliant with the Requirements for School Food Regulations Act 2014. Each day food from following categories are provided which include: Fruit and vegetables, Starchy foods, Meat, fish and other non-dairy sources of protein and milk and daily. **The following is prohibited by the School Food Regulations Act 2014: drinks with added sugar, crisps, chocolate or sweets in school meals and vending machines. No more than 2 portions of deep-fried, battered or breaded food are allowed per week.**

4.5 Packed Lunches (including those on trips and residential)

We **advise** that packed lunches should **ideally** include:

- At least one portion of **fruit and** one portion of **vegetables** every day.
- A starchy food such as any type of **bread, pasta, rice, couscous, noodles, potatoes** or other type of **cereals** every day
- **Meat, fish or other source of non-dairy protein**
- **Dairy food** such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only **water, still 100% fruit juice, semi-skimmed or skimmed milk, yoghurt** or **milk drinks** and **smoothies**.
- **Oily fish**, at least once every three weeks.

(See Appendix 2 for suggested foods in each category and Appendix 3 for packed lunch tips and ideas)

We **advise** that packed lunches ideally should not include:

- **Chocolate** or **nut spread** for sandwiches
- Snacks such as **crisps** and **baked crisps**
- **Confectionery** such as chocolate bars, chocolate-coated biscuits or sweets.
- **Snack packs** with processed meat

4.6 School Trips and Residential

***Please note that due to the current Covid 19 situation, all trips and residential have been temporarily suspended until we are advised that it is safe to continue with trips and residential.**

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Foods Standards for Schools. Any food provided during residential will provide a balanced and healthy approach to meals and wherever possible, we will look to use off-site providers that comply with National Foods Standards for Schools.

We advise that packed lunches brought in by the children for school trips should comply with the guidelines set in the packed lunches section of this policy.

4.7 Curriculum

***Please note that due to the current Covid 19 situation, any food preparation may be temporarily suspended until we are advised that it is safe to continue with this.**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught through science, PSHE and Design and Technology. We believe that our pupils have a right to access this information in order to make healthy life choices. Additional learning at our school allotment about the importance of fruit and vegetables will also be taught to the children.

***Please note that due to the current Covid 19 situation, all items to celebrate birthdays coming into school from home are prohibited to reduce possible contamination.**

Special Diets and Allergies

The school recognises that some children have nut allergies and because of this **all nuts and nut products are not allowed**. St Matthew's recognises that some children 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 and must inform school of a medical reason. For these reasons children are also not permitted to swap food items. Parents should bring to the attention of the class teacher and a senior member of staff any issues connected with their child's diet.

Packed Lunch Containers

We ask that parents/carers and pupils:

- Provided a packed lunch container where food items can be stored securely and appropriately until lunchtime period.
- As fridge space is not available, we recommend use of insulated lunchboxes with icepacks to reduce the risk of harmful bacteria that grow in warm temperatures.
- Bring packed lunches in reusable plastic containers wherever possible rather than disposing of plastic bags and bottles.
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Facilities for Packed Lunches

***Please note that due to the current Covid 19 situation, we may need to make necessary changes to where and how the children eat to ensure social distancing and maintenance of learning bubbles.**

St Matthew's will provide the following:

- Provide free and clean drinking water
- Provide a tidy and hygienic dining room arrangements for all pupils
- Staff supervising are aware of food hygiene procedures
- The school will ensure that eating packed lunches is a sociable experience that promotes independence and a high use of table manners
- The school will provided support for pupils, parents and carers through signposting to relevant resources **(see Appendix 3)**

Policy Review

This policy will be reviewed as part of the school's agreed policy review process. In addition to any major legislative or governmental changes regarding school food may lead to this policy being amended.

Date of Review: November 2022

Appendix 1 The EatWell Guide

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates

Eat at least 5 portions of a variety of fruit and vegetables every day
Fruit and vegetables

Available at:

Check the label on packaged foods

Energy	Saturated Fat	Sugars	Salt
1048kJ 250kcal	3.0g	34g	0.9g
13%	LOW	LOW	HIGH
	4%	7%	38%
			15%

Typical values (as sold) per 100g: 697kJ / 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars



Oil & spreads
Choose unsaturated oils and use in small amounts



Dairy and alternative products
Choose lower fat options and lower sugar options

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, 2 portions of sustainably red and processed meat



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Appendix 2- Suggested Healthy foods from the 5 Food Groups

Vegetables (1 portion)	Sugar snap peas, carrots, celery, broccoli
Fruit (1 portion)	Cucumber, melon, apples, bananas, pears, berries, peppers, pineapple, oranges, kiwi, pomegranate, berries, tomato, avocado, mango
Starchy Foods (1 portion)	Wholemeal bread, wholemeal pasta, wholemeal pita, brown rice, noodles, couscous, sweet potatoes, dried cereals, wholemeal wraps
Milk and Dairy (1 portion)	Semi-skimmed milk, cheese, yoghurt, fromage frais
Water and healthy drinks (around 6-8 cups per day)	Water, still 100 % fruit juice, semi- skimmed or skimmed milk, yoghurt or milk drinks, smoothies. We also advise that children drink no added sugar cordial wherever possible.



Appendix 3- Recommended Websites for More Information

The Eatwell Guide

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

School Meals - Healthy Eating Standards

<https://www.gov.uk/school-meals-healthy-eating-standards>

Standards for school food in England Guidance

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

School Food Standards

<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

School food: the essential guide (DFE)

<https://www.education-ni.gov.uk/publications/school-food-essential-guide>

Parents' Guide- Are You Packing A Healthy Lunch?

<https://www.education-ni.gov.uk/sites/default/files/publications/de/Are-you-packing-a-healthy-lunch.PDF>

The Requirements for School Food Regulations (2014)

https://www.legislation.gov.uk/uksi/2014/1603/pdfs/uksi_20141603_en.pdf