



HEALTHY PACKED LUNCH POLICY

Statement of Intent

Bradford Girls' Grammar School the importance of developing healthy food habits in children. The beneficial effects these habits have on concentration, overall school performance and prevention of obesity, are examples of why a healthy packed lunch policy should be enforced.

Bradford Girls' Grammar School meets the requirements of the School Food Standards and aims to maintain these standards across all packed lunches and school dinners.

Legal Framework

This policy has been created with regards to the following guidance:

- School Food Plan 'School Food Standards' 2015
- DfE 'School food in England' 2016

Aims and Objectives

While maintaining this policy, the school aims to:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents with clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of packed lunches that pupils consume.

To comply with our healthy eating policy, parents are required to:

- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating.
- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents with clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of packed lunches that pupils consume.

Food and drink in packed lunches

Based on the School Food Standards, packed lunches will contain a balance of the following:

- At least one portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel)
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese, yoghurt or custard
- An oily fish will be included at least once every three weeks
- Water

To allow for the promotion of healthy eating, the following food and drink are not permitted:

- Chocolate and confectionery items such as sweets or chewing gum
- Carbonated drinks or those containing high levels of caffeine

The following may be included **no more than twice a week** as part of a balanced diet:

- Individual meat pies and rolls, to limit salt intake
- Plain biscuits and cakes, to limit sugar intake

Storage and Waste Disposal

A fridge space is not available. Packed lunches will be kept in appropriate place within the classroom or cloakroom. Pupils are advised to bring packed lunches in insulated bags with freezer packs where possible.

Any food not consumed by a pupil will be sent home with them.

Allergies and Special Diets

The school understands that some pupils may have allergies to some foods or have dietary requirements that do not adhere to this policy. In these cases, pupils affected by specific dietary requirements may need a packed lunch that is as healthy as possible.

Packed lunches must not include nuts – including peanut butter and Nutella – **because of the life-threatening risk** to any other child who may have a severe allergy

Pupils are not permitted to share or swap any food, including that provided from home in a packed lunch or snacks.

What the school will provide

In accordance with DfE's guidance 'School food in England' 2016, the school will ensure that pupils have access to free, fresh water at any time.

Clean dining areas are available for all pupils; the school will aim to prevent segregation of packed lunch and school dinner pupils.

Advice for parents regarding our policies and healthy eating regulations will be available at all times.

Staff will undertake regular inspections of packed lunches, to ensure that they comply with this policy.

Breaches of the Policy

Where concerns arise about the contents of a pupil's packed lunch, this will be dealt with appropriately. Leaflets will be sent home in the packed lunch explaining the school's policy.

Any food that is not compliant will be confiscated and returned to the pupil at the end of the day. The school will provide alternative food items.

If a pupil brings a lunch that is completely inappropriate, the school will provide a replacement meal for which parents will be charged.

Monitoring and Review

The Principal will review this policy annually and ensure that all procedures remain current and up to date.

The governing board will work with the school to review the packed lunch policy and provide advice and support where needed.

Any changes to government guidance regarding school food standards may lead to changes in this policy.

All staff will be notified of any changes made to this policy.