



Lowther Primary School - Healthy Packed Lunches Policy

This policy was approved and adopted by Governors in July 2018

The next review of this policy is due in July 2025

Aim of the policy: to ensure that packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food similar to school lunches (which are regulated by national standards).

School setting: this policy takes into account religious dietary needs, special educational needs and health needs which may affect diet.

How and why the policy has been formulated: the process of developing the policy included consultation with parents, pupils, teachers and governors.

It was informed by recent research findings about London Borough of Richmond (LBRUT). The most recent data shows that there are twice as many obese children in Y6 as there are in Reception in Richmond schools.

Where, when and to whom the policy applies: it applies to all pupils bringing packed lunches to eat at school, or on school trips during school hours.

Food and drink in packed lunches

- Free fresh drinking water will be readily available at all times
- Pupils are advised to bring in packed lunches in insulated bags
- Packed lunches should abide by the guidelines below

Because some Lowther children have a severe allergic reaction to **nut products**, we do not allow these foods in school **at any time**.

Packed lunches **should** include:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or non-dairy protein (e.g. lentils, beans, hummus, falafel)
- A starchy food (e.g. bread, pasta, rice, noodles)
- Dairy food (e.g. cheese, yoghurt, fromage frais)
- Packed lunches may include one small dessert (e.g. cereal bar)

Packed lunches **should not** include:

- **Salty** foods: crisps including Twiglets, popcorn, baked crisps or vegetable crisps
- **Sugary** foods: No products containing chocolate are allowed. This includes confectionery such as chocolate bars, chocolate chip or chocolate coated

products and cakes. Other sugary foods such as sweets, and fruit products with very high sugar content, such as Yoyos or Winders are not permitted.

- Carbonated (fizzy) drinks, fruit flavoured water, fruit juices and fruit cordials

Exceptions

- On a child's birthday, a cake can be brought in to school for their classmates. Sweets or other party foods are not permitted
- Fridays will be *Treat Friday*. On Fridays children can bring in **one** treat from **either** the salty food list **or** the sugary food list (for example a small muffin, a small packet of crisps or a small bar of chocolate)
- For **school organised** parties, for example at Christmas, teachers may allow small appropriate quantities of items such as crisps and chocolate bars to be consumed

Daily Snacks: children should bring in only fresh fruit and vegetables or dried natural fruit (for example apricots or raisins). A plain rice cracker or breadstick is also acceptable.

Snacks for after school clubs do not have to be fruit, but should not be from the salty or sugary foods list.

Assessment, evaluation and review: packed lunches will be regularly reviewed by teaching staff, School Meal Supervisory Assistants and pupil monitors.

Parents and pupils who do not adhere to the Healthy Packed Lunch Policy will receive a reminder. If a child regularly brings a packed lunch that does not conform to the policy, the school will contact the parents.

Promoting the policy: the school will write via the school newsletter to all new and existing parents and carers to inform them of the policy. The policy will be available on the school's website.

The School will use opportunities such as science lessons and Health and Activity Week to promote this policy, as part of the whole school approach to a healthy lifestyle.