



St Mary and St Michael Catholic Primary School

Packed Lunch Policy

Date policy was approved:

Review date:

Person(s) responsible for overseeing Healthy Eating:

Person(s) writing this policy:

Aim	<p>The main aims of our school food policy are:</p> <ol style="list-style-type: none">1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards2. To support pupils to make healthy food choices and be better prepared to learn and achieve3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
Context	<p>“Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity¹. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity².”</p> <p>Obesity prevalence is highest amongst the most deprived groups in society³. Children in the most deprived parts of the country are more than twice as likely to be obese as their peers living in the richest areas⁴. This is sowing the seeds of adult diseases and health inequalities in early childhood.</p> <p>Obesity is associated with reduced life expectancy. It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2 diabetes, at least 12 kinds of cancer, liver and respiratory disease⁵, and</p>

	<p>obesity can impact on mental health⁶.”</p> <p>(Policy paper. Tackling obesity: empowering adults and children to live healthier lives. Published 27 July 2020, Department of Health and Social Care https://www.gov.uk/government/publications/tackling-obesity-government-strategy/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives)</p> <p>Locally, children in Tower Hamlets have high levels of excess weight (overweight or obesity). Among 4-5 year olds, 21.8% have excess weight (of whom 11.7% are obese) and among 10-11 year olds, 41.4% have excess weight (of whom 25.3% are obese) (NCMP data 2018/19 academic year). Both of these are above the average for London and England, although the levels of obesity among 4-5 year olds in Tower Hamlets are falling gradually.</p> <p>The issue of oral health also continues in Tower Hamlets, with high levels of children aged 5 years old who have one or more decayed, missing or filled teeth (2016-17). Tower Hamlets has 31.1% compared to the national figure of 23.3% and 25.7% in London (National Dental Epidemiology Programme for England: oral health survey of 5 year old children 2014/15 and 2016/17).</p>
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<p>School Meals</p>	<p>School meals are provided by Tower Hamlets Catering</p> <p>School meals are planned on a 2 week cycle and are updated on a termly basis (please see appendix 1 for our current school menu).</p> <p>We encourage and promote uptake of salad, fruit and vegetables at all times to all pupils.</p> <p>We consult termly with pupils, staff, governors and our catering provider around menu options, choices, portion sizes and quality control. We work with our school caterer to constantly review and improve school food.</p> <p>We have worked to improve the lunchtime experience for all pupils, making every effort to reduce queues and making lunchtimes a more enjoyable and stress free experience for pupils.</p>
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Packed Lunches

We understand that not all children opt to have a school meal and prefer to bring a packed lunch from home. However, we ask that packed lunches from home are healthy and adhere to these guidelines

Everyday packed lunches should aim to include:

- **A source of carbohydrate for energy** such as bread (sliced bread, pitta bread, wraps, bagels), rice, pasta, couscous or plain crackers (Choose wholegrain where possible)
- **1 portion of fruit and 1 portion of vegetables or salad** This could include a variety of fresh, tinned or dried.
- **Dairy food** such as cheese, yoghurt or fromage frais
- **Meat, Fish or another source of protein** such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon
- **On Thursday only** children may have a plain cake or biscuit in their packed lunch (in line with school menu)

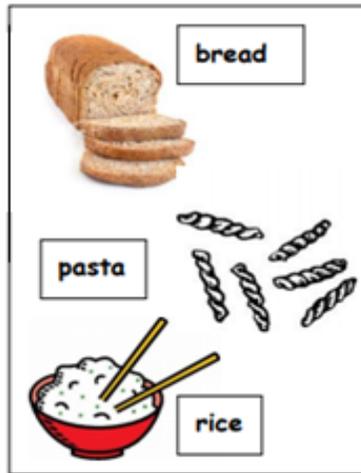
Packed lunches should never include foods that are high in fat, salt or sugar including, but not limited to:

- **Sweets** of any kind (fruit strings and fruit winders are considered to be sweets)
 - **Crisps or crisp type snacks** e.g. mini cheddars
 - **Any items containing chocolate** including bars, biscuits, spreads or yoghurts/desserts
 - **Cakes, sweet pastries or breakfast cereal bars**
 - **Meat products that are high in salt and fat** e.g. sausage rolls, cocktail sausages and peperami
 - **Precooked fast food type products** such as potato waffles, chicken nuggets and mozzarella sticks that are all high in fat, salt and sugar.
 - **Sauces** including ketchup, barbecue or brown sauce
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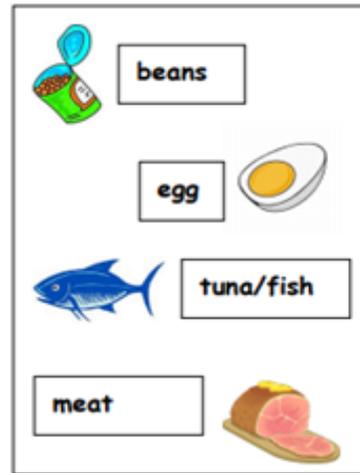
	<p>Due to food allergies any products containing nuts are prohibited from school packed lunches (including peanut butter and Nutella) because of the life threatening risk it can cause to children who may have a severe allergy.</p> <p>Our school is a water-only school and fresh water is available for children at all times. Therefore, there is no need for packed lunches to include a drink.</p>
School Trips	<p>A healthy packed lunch will be provided by the school, for all children who usually have a school meal.</p> <p>Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.</p>
Specialist dietary requirements	<p>The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.</p> <p>Individual care plans are created for pupils with food allergies and relevant staff are aware of these plans.</p> <p>We are a nut free school.</p>

What can I choose for my healthy lunch?

CARBOHYDRATES *(for energy all afternoon)*



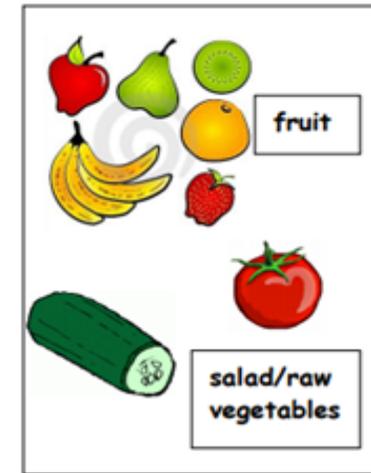
PROTEIN *(to help my body to grow)*



DAIRY *(for strong teeth and bones)*



FRUIT AND VEGETABLES *(to stop me from being ill)*



1 + 1 + 1 + 1 or 2



A healthy lunch helps me to do well in school!

