



# Mountbatten Primary School

## Packed Lunch Policy



1	Summary	Packed Lunch Policy			
2	Responsible person	Louise Stone			
3	Accountable SLT member	Jamie Wegg			
4	Applies to	<input checked="" type="checkbox"/> All staff <input type="checkbox"/> Support staff <input type="checkbox"/> Teaching staff			
5	Who has overseen development of this policy	Louise Stone			
6	Who has been consulted and recommended policy for approval	LGB			
7	Approved by and date	Autumn 2023 – Governing board.			
8	Version number	1			
9	Available on	Every	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	Trust website Academy website SharePoint	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N <input checked="" type="checkbox"/> Y <input type="checkbox"/> N <input checked="" type="checkbox"/> Y <input type="checkbox"/> N
10	Related documents (if applicable)				
11	Disseminated to	<input checked="" type="checkbox"/> Trustees/governors <input checked="" type="checkbox"/> All staff <input type="checkbox"/> Support staff <input type="checkbox"/> Teaching staff			
12	Date of implementation (when shared)	September 2023			
13	Consulted with recognised trade unions	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N			



## Contents

1. Introduction.....	3
2. Scope of the policy.....	3
3. Implementation of the policy.....	4
4. Health & Safety.....	5

---

## 1. Introduction

1.1. To grow and stay healthy children need to eat a nutritionally well-balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious

## 2. Scope of the policy

2.1. At Mountbatten Primary School we want to promote the benefits of a healthy lifestyle to all pupils and encourage pupils' interest in making healthier choices about their diet. We want to support the Department of Education's nutritional standards for school lunches; and encourage a whole school approach to healthy eating.

2.2. Mountbatten take part in the healthy schools rating scheme which has been designed to recognise and encourage schools' contributions to pupils' health and wellbeing. It celebrates the positive actions that schools are delivering in terms of healthy eating and physical activity and aims to help schools identify useful next steps in their provision. The scheme is part of a wider series of government actions to support pupils' health and wellbeing, and is a commitment from the government's Childhood Obesity Plan

2.3. The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the School Food Standards is mandatory for all maintained schools. They also expect all academies and free schools to comply with the standards <https://www.gov.uk/government/publications/standards-for-school-food-in-england>

2.4. At Mountbatten we aim:  
To educate pupils in how to live a healthy lifestyle.  
To ensure that packed lunches (brought in from home) reflect the new standards for school meals.



To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes

To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating

2.5.

### **3. Implementation of the policy**

#### **3.1. Suggestions for food to include in a healthy packed lunch**

A sandwich, wrap, pasta or rice dish that contains meat, fish, cheese or salad. Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include DairyLea Lunchables or similar products).

A drink: water is best followed by semi-skimmed or skimmed milk, No added sugar fruit juice, or smoothies

One of the following items: a biscuit, a cereal bar, a slice of banana bread/malt loaf

a fruit jelly, plain, fruit or cheese and chive scones rice pudding, rice cakes.

At least one portion of fruit or vegetables every day.

#### **3.2. Suggestions for food to NOT include in a healthy packed lunch**

Confectionery such as chocolate bars. Sweets and chocolate are not allowed at lunch or any other time.

Chocolate spread used as a filling in sandwiches.

Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.

Fizzy drinks/Energy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.

#### **3.3. Suggestions for food to be included less frequently**

Snacks such as crisps. If crisps are included in the packed lunch, try to use the reduced fat/salt variety – no grab bag size.

Chocolate coated biscuits or wafers – try reduced fat/sugar versions

Cakes/buns

Meat and pastry products such as sausage rolls or pies

#### **3.4. Waste and Disposal**

The school will, within reason, send any uneaten packed lunch food items back home. The reason for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

#### **3.5. Promotion of Healthy Packed Lunches**

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation. There will be ongoing promotion of the need to provide healthy packed lunches through:



School newsletters  
School prospectus  
Packed Lunch Policy  
Health weeks / healthy eating activities/Curriculum content  
Parents evenings / parent consultations  
School website  
Reward schemes  
Workshops for parents  
School involvement in promoting Change 4 Life  
Health & Fitness, & Cooking After School Clubs

### **3.6. Monitoring and Evaluation**

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other rewards. Pupils' on special diets following verified medical advice will be given due consideration. Where there may be concerns over a child's food/nutrition intake and/ or content of packed lunches, this will be dealt with timely and sensitively with parents/carers.

## **4. Health & Safety**

- 4.1. It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Please ensure that packed lunch containers are clearly labelled with the child's name.
- 4.2. Due to allergies some food may not be allowed to be brought into school. Parents will be informed of this.