COLLIS PRIMARY SCHOOL

Packed Lunch Guidance

The majority of our parents/carers choose to have a hot school meal for their children. We believe it is easier to provide all the nutrients that children need in a hot, freshly cooked meal. The school lunch catering provision at Collis is managed by Pabulum Catering (https://www.pabulum-catering.co.uk/primary-school-meals/). The latest school lunch menu is available on our website (https://www.collis.richmond.sch.uk/food-and-drink-at-collis/).

However, we also recognise that some parents/carers prefer to provide a packed lunch for their child, either all the time or on occasion. We ask that parents/carers who choose the packed lunch option for their children provide them with a healthy, well-balanced lunch.

Aim

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education and become mandatory in January 2015.

Our aim is to make sure that children who bring a packed lunch to eat in school (or on school trips) have food which is just as healthy and nutritious as the food served in school and regulated by national standards. This guidance applies to all parents/carers providing packed lunches to be eaten within school or on school trips during normal school hours.

The school will work with parents and children to ensure that packed lunches meet the standards listed below. Children will need to bring their packed lunch in a suitable container such as a plastic box with a removable lid or a commercially available lunchbox. Carrier bags are not appropriate containers.

Daily Packed Lunches

These should include:

- At least one portion of fruit and one portion of vegetables or a salad every day. Across the week try to provide a variety of different fruits and vegetables.
- Meat, fish or other sources of non-dairy protein (e.g. egg, lentils, beans, soya or houmous) should be offered every day as part of a sandwich, roll or salad.
- Oily fish, such as pilchards, salmon or sardines at least once every three weeks.
- A starchy carbohydrates such as bread, pasta, rice, noodles, couscous, pitta, wrap, potatoes or other types of cereals every day. Across the week, try to provide three different types of starchy foods including at least one wholegrain/whole-wheat variety.
- Dairy foods such as milk, cheese, yogurt, or diary alternatives.
- Meat and pastry products such as sausage rolls, pies and pork jerky snacks.
- Pretzels, crackers and cheese, vegetables or breadsticks with a dip.
- A sugar-free/low sugar/fruit-based dessert option such as malt loaf, banana loaf, sugar-free jelly.
- Low in salt/fat crisps.
- Cereal bars, flapjacks, oat-based biscuits.
- A drink of water – no other drinks are permitted.

These should **not** include:

- Confectionary such as chocolate bars, chocolate-coated biscuits and sweets.
- Fruit juice, squash, 'fizzy' drinks or those containing added sugar – even pure juices are high in sugar.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies– we are a NUT FREE SCHOOL. Although we do not allow children and staff to bring products (bought or homemade) containing nuts into the school, we cannot guarantee our school is completely nut-free.

Packed lunches can be difficult to manage; thinking of ideas for their contents can be challenging for parents. For more information and practical tips for children aged 5 years and above visit Healthy lunchboxes - Food A Fact Of Life or Change4Life Healthier Lunchbox Recipe. For children aged under 5 visit Packed lunches for 1-4 year olds. Or use the NHS Food scanner app to choose the healthier options when shopping.

Snacks

Snacks can play an important part in the diet of children and young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/or vegetable per day. We ask children in KS2 to bring a piece of fruit or vegetable for their snack time. Please see our school website for guidance on appropriate snacks (https://www.collis.richmond.sch.uk/food-and-drink-at-collis/).

Further information:
Snack Portion Sizes and Food Groups – Government guidance
Change4Life Healthier snacks – NHS guidance
Eating well: snacks for 1-4 year olds – First Step Nutrition Trust

Special Diet

Pabulum Catering cater for a variety of special diets including, vegetarian, gluten-free, dairy-free. However, the school recognises that some children may have verified medical conditions requiring special diets that do not meet standard guidelines. In this case, parents are urged to be responsible for ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Monitoring

The lunch supervisors will speak to pupils who bring lunches that are not suitable, e.g. containing foods high in fat, sugar and salt, and will also advise the class teacher. Parents/carers of children who persistently bring unsuitable packed lunches will be contacted and reminded of the school's packed lunch guidance. For more information on what is classed as the high level of fat, sugar and salt, visit foods high in fat, sugar and salt.

Dissemination
This packed lunch guidance will be shared via the school website. All school staff, including teaching and catering staff, will be informed of this guidance and will support its implementation.