

## **Policy Aim:**

To ensure that all packed lunches brought from home and eaten at Atlas Academy (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

## **How and why the policy was formulated:**

This policy was made by Atlas Academy's School Council 2021-22 and the Lead teacher for Personal, Social, Health, Relationships Education following concerns raised by staff and pupils in relation to unhealthy food being eaten by many children. School leaders want to:

- make a positive contribution to children's health
- to encourage a happier and calmer population of children and young people
- promote consistency between packed lunches and food provided by schools which must adhere to national school food standards. (You can visit [www.childrensfoodtrust.org.uk/schools/the-standards](http://www.childrensfoodtrust.org.uk/schools/the-standards) for more information).

This policy was drawn up using a range of national documents including this template policy from the Children's Food Trust and advice from NHS Change 4 Life.

## **Understanding our policy**

The policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours. We, Atlas Academy, will ensure that all parents/carers are aware of the policy e.g. by sharing information via the school newsletter, website, in assemblies etc. We will use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating. We will translate the policy where possible so all families can access this information. The policy will be shared with all school staff, including catering staff and the school nurse.

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**Our expectations: food and drink in packed lunches: the Atlas Way**

- We, the school, will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- We, the school, will work with parents to make sure packed lunches meet the standards listed below.
- School does not have a fridge so pupils should bring packed lunches in insulated bags with freezer blocks where possible.
- Pupils eating packed lunches are able to sit together with pupils eating school lunches.

**Packed lunches should include:**

To meet the national food standards packed lunches should:

INCLUDE EVERY DAY	SOMETIMES INCLUDE – NO MORE THAN ONCE A WEEK	NEVER INCLUDE
<ul style="list-style-type: none"> <li>• at least one portion of fruit and one portion of vegetables</li> <li>• meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter, falafel)</li> <li>• oily fish at least every three weeks</li> <li>• a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal</li> <li>• a dairy food such as milk, cheese, yoghurt, fromage frais or custard</li> <li>• a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink</li> </ul>	<ul style="list-style-type: none"> <li>• meat products such as sausage rolls, individual pies, corned meat and sausages</li> <li>• cakes and biscuits, but encourage your child to eat these as part of a meal</li> </ul>	<ul style="list-style-type: none"> <li>• salty snacks such as crisps - instead include seeds, vegetables and fruit with no added salt, sugar or fat</li> <li>• confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.</li> <li>• sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar')</li> <li>• Nuts – we are a nut free school as some pupils have severe nut allergies</li> </ul>

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## **Making sure our policy works: assessment, evaluation and reviewing**

Packed lunches will be regularly reviewed by midday supervisors and School Councillors. Where packed lunches do not meet the policy expectations, leaflets will be included in the pupil's packed lunch to go home. If a pupil regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this. School Councillors will send home recipe ideas and top tips for Healthy Packed Lunches to inspire parents and pupils.

## **Linked policies**

- Safeguarding
- Personal, Social, Health, Relationships Education policy

**Signed: School Councillors Y1-6**

**VH**

**Dated: 14/10/21**

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## Main Meal – healthy ideas



hummus, pitta  
bread & veg



tuna & bean  
salad



tuna/cheese  
sandwich

## A little treat/pudding – healthy ideas



sugar free jelly



low fat yogurt  
with fruit



malt loaf

[Type here]



salad with chicken



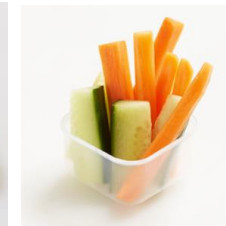
soup in a thermos



pasta/rice

school cannot heat up food

Fruit or salad



Sugar free drink



sugar free juice



semi-skim milk

150ml

school provides water

Main Meal – unhealthy & unacceptable foods



Pastries: croissants, sausage rolls, pasties

Treat/pudding – unhealthy & unacceptable ideas



chocolate



sweets



cake/biscuits

Most store-bought chocolate has high levels of milk and sugar. This saturation of dairy fat and bad sugar can lead to **obesity, high-blood sugar, even diabetes, and other serious health problems.**

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<b>burgers/chips/ fries</b>	<b>crisps/potato chip/savoury snacks</b>		
			
<p>We are a nut free school due to allergies of some children. Thank you for your understanding.</p>			

## High in sugar juices



Drinking high amounts of sugar-sweetened drinks can cause increased chances of **tooth decay** to a higher risk of **heart disease** and **metabolic disorders** like **type 2 diabetes**.

## Sugary/fizzy drinks



Fizzy drinks can contain large amounts of sugar, which will increase the risk of **tooth decay**. Large amounts of sugar are turned into **fat** in the liver. Sugar increases **belly fat** accumulation.