



Appendix 2:



### Dorothy Barley Packed Lunch Policy

#### Food and Drink Brought Into School And Parent Engagement

#### **Packed lunches:**



1. Packed lunches should be brought into school in suitable named lunch boxes
2. We encourage parents to provide healthy well-balanced packed lunches.



For children aged 5 years and above preparing a healthy well-balanced child’s lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry and meat
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or semi-skimmed milk

INCLUDE:
<ul style="list-style-type: none"> <li>• Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li> <li>• Include a portion of non-dairy protein such as beans/pulses, fish, poultry or meat</li> <li>• Oily fish at least once every few weeks (e.g. sardines, salmon)</li> <li>• Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties</li> <li>• A dairy product - milk, cheese and yoghurt (unsweetened, low/medium sugar and low/medium fat), any dairy alternatives should be unsweetened and fortified</li> <li>• Water or milk (semi-skimmed or skimmed) as a drink</li> </ul>

LIMIT:
<ul style="list-style-type: none"> <li>• Processed meat products such as sausage rolls, pies, sausages etc</li> <li>• Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack</li> <li>• Fruit juice: no more than 150mls per day</li> </ul>

DO NOT INCLUDE:
<ul style="list-style-type: none"> <li>• Salty snacks such as crisps</li> <li>• Sweets and chocolate</li> <li>• Sugary soft drinks</li> </ul>

For more information and practical tips for children aged 5 years and above: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

In addition:

- Our school website provides ideas for healthy packed lunches.
- Packed lunches are monitored daily and parents are informed if a packed lunch doesn't meet the above requirements and how to take the steps towards providing a healthy packed lunch.
- Every year group has a packed lunch trolley where the packed lunches are stored.
- We ensure that pupils who bring packed lunch sit and eat together with school lunch pupils.
- In addition to this every child is encouraged to bring a 'sports bottle with pop up lid' of water to school each day.

3. In order to reduce waste, food waste and packaging waste, and to ensure that parents are aware of their children's daily food intake, all left over food and packaging from school packed lunches must return home with the children.

To reduce the overall waste produced by school packed lunches, it is recommended by the schools Eco Team that parents endeavour to achieve the following principles:

#### **Reduce**

- Cut down on packaging and food by purchasing fresh produce items
- Avoid plastic bags
- Avoid cling film
- Avoid aluminium foil and pre-pack food whenever possible



#### **Reuse**

- Reuse shopping bags
- Packed lunch in reusable containers
- Use refillable drink bottles
- Avoid single use juice cartons
- Avoid can and pouches whenever you can



#### **Recycle**

- Recycle paper bags
- Recycle plastic bottles
- Recycle plastic bag

