



Dorothy Barley Packed Lunch & Snacks in Schools Guidance

We follow Healthy Schools London Guidance for our packed lunch requirements at DBJA and therefore are a Water Only School.

What is a Water Only School?

Being a Water Only School means that water (and certain plain, reduced fat milk - this includes semi-skimmed or skimmed, lactose free and soya milk) is the only drink available at a school. This means all times of day, not just lunchtime.

It is an important public health initiative, championed by the Mayor and other partners. The idea is to help prevent obesity and tooth decay among young Londoners by boosting water intake and discouraging sugary drinks.

Food and Drink Brought into School and Parent Expectations

Packed lunches and drinks/snacks throughout the day:

1. Packed lunches should be brought into school in suitable named lunch boxes
2. We encourage parents to provide healthy well-balanced packed lunches.
3. We encourage parents to send their children in with a piece of fruit for playtime.

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:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Include a portion of non-dairy protein such as beans/pulses, fish, poultry or meat
- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product - milk, cheese and yoghurt (unsweetened, low/medium sugar and low/medium fat), any dairy alternatives should be unsweetened and fortified
- Water or milk (semi-skimmed or skimmed) as a drink

LIMIT:

- Processed meat products such as sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack

DO NOT INCLUDE:

- Salty snacks such as crisps
- Sweets and chocolate
- Sugary soft drinks, including no added sugar options

For more information and practical tips for children aged 5 years and above:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

In addition:

- 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.

We are a sustainable school, and we promote pro-environmental behaviour in our approach to all waste.

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 cans and pouches whenever you can

Recycle

Recycle paper bags

Recycle plastic bottles

Recycle plastic bags

