

**Ravensworth Terrace Packed Lunch Guidelines**

These guidelines were developed with the School Council. (Article 12 – Respect for the views of the child).

**Introduction**

To grow and stay healthy, children need to eat a nutritionally well balanced diet. 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 National concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

**Aims**

To ensure that packed lunches at Ravensworth Terrace are healthy and nutritionally well balanced.

To support and give guidance to parents and children regarding packed lunches.

To ensure that the rights of our children are being met.

Article 24: Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.

**Rationale**

Ravensworth Terrace Primary School’s Packed Lunch Guidelines enable us to develop and maintain a shared philosophy on all aspects of food and drink. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school. We aim to ensure that the contents of lunch boxes reflect the nutrition standards for school meals and work alongside parents to help them provide a well-balanced diet for their children. As a school we will encourage healthy eating habits from a young age and improve the overall nutrition of the children in our care.

**Objectives**

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

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

To encourage healthy eating habits in childhood that can influence health and well-being in later life.

To increase the children's awareness of the different food groups and the health benefits of including these in our diet.

**Guidelines**

The School Council used ‘Change 4 Life’ to develop the following guidelines. Change 4 Life is a public health programme which began in January 2009, run by Public Health England. It is the country’s first national social marketing campaign to tackle the causes of obesity.

The School Council came up with the following three categories of foods for packed lunches:

**Foods that should always be included:**

Carbohydrates, e.g. bread, rice, pasta, potatoes.

Dairy, e.g. milk, low fat yogurt/cheese/fromage frais, etc.

Protein, e.g. beans, pulses, fish, eggs, meat, etc.

Fruit and vegetables

Drinks, e.g. water, milk, no added sugar juice.

Dessert, e.g. sugar free jelly, low fat custard/yogurt/rice pudding, cheese and crackers, rice cakes, plain popcorn.

**Foods that could occasionally be included (1 item, 2 times per week):**

Sweet popcorn

Treat size chocolate bar

Crisps (small packet)

1 biscuit

Mini sausage

Chocolate spread sandwich

Mini pie/sausage roll/pastie

Small piece of cake

**Foods that should never be included:**

Full size chocolate bar

Sweets

Fizzy pop

**Exceptions**

These guidelines may be adjusted for health reasons on an individual basis if parents inform us of their child’s health requirements.

School Councillors have shared these with their classes in October. The policy has been agreed by Governors in November and will take effect from December 1st 2019. We respectfully ask all parents to follow these guidelines. The policy will be e-mailed to parents and a copy will be available in the School Office and on the website. To be reviewed December 2021.