



'Pupil-led Packed Lunches and School Meals'

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Overview



1. The Leeds Packed Lunch Toolkit
2. School Food Ambassadors: Pupil voice programme



Health and Wellbeing Service

- Support schools, empowering children and young people to be safe, active, healthy and resilient individuals

- www.schoolwellbeing.co.uk



School Wellbeing 0113 378 5254 schoolwellbeing@leeds.gov.uk Who we are Training Courses Who we help Resources News Log in Register

Healthy Schools Programme PSHE Mental Health & Wellbeing Healthy Eating Active Schools+ Activity Centres Pupil Voice Support & Prevention Sustainability Investors in Pupils Pol-Ed

Welcome to School Wellbeing

We support schools across a number of areas, empowering children and young people to be safe, active, healthy and resilient individuals.

[Learn more](#)

Healthy Schools Programme
Helping every school and setting to support the health and wellbeing of all children and young people.

PSHE
Schemes of work, lesson plans, policies and more on PSHE topics including Relationships, Sex and Relationships Education, Health Education (PSHE) and Drug Education (including alcohol, tobacco and substance abuse).

Mental Health & Wellbeing
Resources and information to support all settings create a culture where talking about how we feel is a norm, and where the personal and social development of all children and young people is supported appropriately so that they can thrive.

Healthy Eating
Information, support and practical tools to help schools with all aspects of food and healthier eating including pupil leadership and pupil voice programmes.

Active Schools+ Physical Activity and PE
Resources, information and support to help schools promote a range of opportunities to be physically active and ensure children understand how physical activity can improve, and be part of, their everyday lives.

Activity Centres

My Health My School

WEST LEEDS ACTIVITY CENTRE



Health and Wellbeing Service



- Traded service, part commissioned
- Engage with 206 schools locally, 664 schools nationally
- Have a successful Healthy Schools programme in Leeds and nationally
 - www.healthyschools.org.uk
 - Online self-validation tool "the School Health Check"
 - External validation visits
- Deliver a CPD programme for schools
- My Health, My School Survey
 - www.myhealthmyschool.org.uk
- Coordinate the HENRY 5-12 programme



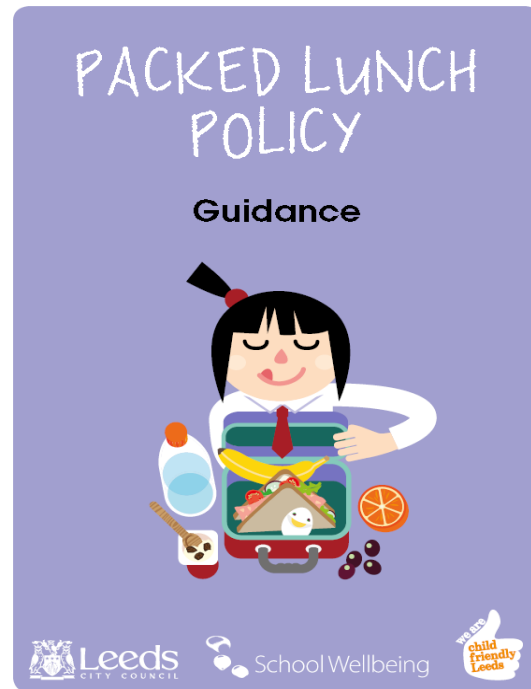


The Leeds Packed Lunch Guidance and Toolkit

'Not just a packed lunch policy'

'Developed for pupils, by the pupils'

The Leeds Packed Lunch Guidance & Toolkit



Visit <https://www.leedsforlearning.co.uk/Store/Product/598>

Launched in 2015 ... packed lunches in schools were not as balanced as school meals



Why did we need a packed lunch toolkit?



- There are no national standards or regulations in place to support those families who take a packed lunch
- Without an effective policy, pupils having a packed lunch may be at a disadvantage
- No policy/guidance means conflicting messages for pupils
- Supports a whole school approach to healthy food
- We may widen the gap of health inequalities
- We need to protect our children and make sure Leeds does not forget about the pupils who eat a packed lunch everyday

What's in the toolkit?

- Template policy or guidance
- Surveys and audit tools
- Consultation tools
- Leaflets
- Posters
- Assemblies
- Letter templates
- Text message templates
- Healthy lunch awards
- Lesson plans
- Case studies
- Step-by-step guide



TOOL 2
THE LEEDS
Packed Lunch Policy
Leeds CITY COUNCIL

Adapted for: Insert school name here

The content of the policy has been written by:
State the main author/s of the policy in your school here

This policy has also been written in consultation with:
List people/groups of people in school who have contributed towards or have been consulted when writing your policy

Rational (see the Leeds' Packed Lunch Policy Rational in section X for more information)

- Why did you write this policy?
- What are packed lunches currently like in your school or in your local area? Use any evidence or information from your packed lunch audit or consultation.

Aim of the policy

- What do you want to achieve by implementing a packed lunch policy?

National and Local Guidance

- Refer to the School Food Standards
- Refer to the Leeds' Packed Lunch Policy
- Refer to the Eatwell plate
- Does your school have any awards such as Healthy Schools Status or the Food for Life Partnership Award?

Where, when and who the policy applies to

- Is the policy for only your school or does it apply to other schools in your cluster/city?
- When does the policy apply? E.g. Is it still applicable on school trips/theme days/celebrations?
- Who does the policy apply to? E.g. All pupils, staff, nursery, sixth form?

Eating arrangements

- Where do packed lunch pupils eat?
- Are packed lunch pupils able to sit with school meals pupils?
- Describe the eating environment.
- Does your school provide free drinking water for packed lunch pupils?
- Do you have a cool space/storage for keeping packed lunches fresh? If not, provide some advice on how to keep the contents of packed lunches cool.

Special diets and allergies

- How is your policy inclusive of special diets and allergies?
- Is your school nut free?
- Can your catering provider cater for all special diets, allergies and intolerances?
- What are the procedures for informing the school of any special diets?

Packed Lunch Audit Tool SURVEY

TOOL 5



1. Does the lunch contain any of the following starchy foods?

- a. Bread
- b. Rice
- c. Potatoes
- d. Pasta
- e. Other



2. Does the lunch contain any wholegrain starchy food?

- Yes
- No



If yes, please state the type of wholegrain carbohydrate:

3. Does the lunch contain any fruit?

- Yes
- No



4. Does the lunch contain any vegetables or salad?

- Yes
- No

If yes, please state the type vegetables or salad you can see:

5. Does the lunch contain a source of protein?

- a. Ham
- b. Chicken
- c. Beef
- d. Eggs
- e. Pork
- f. Beans
- g. Lentils
- h. Tuna
- i. Other type of fish



Packed Lunch Audit Tool RESULTS TABLE

TOOL 8



Date	Year Group	Number of lunch boxes surveyed	Starchy foods	Wholegrain starchy food	Fruit	Vegetables or salad	Source of protein	Source of calcium	1 item high in fat and/or sugar	2 or more items high in fat and/or sugar	Unsweetened	Drink - Unsweetened	Additional products
	Reception												
	Year 1												
	Year 2												
	Year 3												
	Year 4												
	Year 5												
	Year 6												
	Total												
	Percentage	100%											

Packed Lunch LOW COST MENU IDEAS TOOL 19

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Tuna & sweetcorn pasta salad An apple Small tub of rice pudding Cost*: 55p/77p</p>	<p>Egg salad sandwich Small tub of tinned pineapple Slice of fruit Apple with soft cheese spread Cost*: 63p/90p</p>	<p>Ham & soft cheese sandwich A banana Small tub of carrot sticks Cost*: 50p/75p</p>	<p>Beef & onion salad sandwich Tub of rice pudding & raisins A banana Cost*: 65p/91.03</p>	<p>Mackerel potato salad A slice of fruit loaf Cherry tomatoes Cost*: 57p/77p</p>

*Costs were calculated based on the average price across 7 budgetary schools across Leeds (2015), including Becho's Everyday Value range. Cost/guide depends on average cost of the primary/secondary pupil population in accordance with statutory policies.

The aim of our policy is...
To keep up our success of being a healthy school, we think all children should enjoy a healthy lunch. This guidance is to help packed lunches be as healthy as school meals which meet the School Food Standards.

www.schoolfoodplan.com/standards

How we will support the policy...

- We will ensure that free, fresh drinking water is available at all times and we strongly encourage a water only policy. It is not essential to include a drink in packed lunches as water is provided.
- We will provide menu ideas and practical advice for healthy, affordable packed lunches.
- We will reward pupils who bring in healthy packed lunches with praise, prizes and/or certificates.
- We will allow pupils who bring a packed lunch and pupils who have a school dinner to sit and eat together.
- We will ensure we listen to our pupils and parent's views and ensure that this policy is fair and meets everyone's needs.
- Our traffic light system is in line with the School Food Standards for school meals.

Why have a policy for packed lunches?

Eating a healthy, packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed in response to parent surveys and observations of children's packed lunches, that found some less healthy foods that can affect energy levels, concentration, behaviour and health.

A healthier packed lunch focuses on the four main food groups of the eatwell plate, foods in purple the small section are not allowed to be eaten in school.

PACKED LUNCH POLICY LEAFLET TOOL 21

Leeds Packed Lunch Guidance

This policy has been created in consultation led by our school council, supported by parents, governors and the Leeds Health Wellbeing Service.

Packed Lunch HANDY GUIDE TO PORTION SIZE TOOL 20

Everyone needs a healthy balance, but knowing how much of each food group to put into school lunch boxes can be a challenge.

When we eat more than our bodies need, it will be stored as fat. This guide shows how much is best for 4-11 year olds.

<p>Red foods These foods are not allowed in school lunch boxes.</p> <ul style="list-style-type: none"> Chocolate bars or sweets Crisps Cereal bars (these can be high in fat and sugar). Chocolate biscuits and cake bars Processed fruit products such as windlets (these can be high in sugar). Sugary drinks such as Cusper, Ribena, squash, fizzy drinks and energy drinks. 	<p>Amber foods These types of foods could be included occasionally as part of a balanced packed lunch.</p> <ul style="list-style-type: none"> High salt or fat snacks such as crisps, snack-packets, crackers, bread sticks. Small plain or fruit cakes such as scones, tea cakes or malt loaf. Plain biscuits, flapjacks or fig rolls Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperoni or sausages. 	<p>Green foods You can put these in lunch boxes everyday or as often as you like.</p> <ul style="list-style-type: none"> 1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried. A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties. Meat, fish or other sources of non-dairy protein (eg. lentils, kidney beans, quorn, chickpeas, hummus, eggs). Dairy food such as milk, cheese, yoghurt or fromage frais. Oily fish such as salmon or sardines at least once every three weeks (tinned tuna doesn't count). Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.
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TOOL22

5 steps to a healthy tasty packed lunch!

STEP 1: Choose your starchy food + a source of protein

Starchy food	Sources of protein
Bread	Kidney beans
Wrap	Chicken
Pitta	Mackerel
Bagel	Eggs
Pasta	Beet
Noodles	Tofu
Chapati	Ham
Rice	Turkey
Potatoes	Tuna

STEP 2: Add some salad and/or a side portion of vegetables

- Grated carrot or carrot sticks
- Sugar snap peas
- Pepper sticks
- Lettuce
- Cucumber
- Tomato
- Sweetcorn
- Onion
- Broccoli
- Celery

STEP 3: Choose something sweet ... fruit!

- Tinned pineapple in juice
- Tinned peaches in juice
- Apple
- Grapes
- Raisins
- Nut
- Banana
- Mango
- Melon
- Dried apricots

STEP 4: Add a nutritious snack and/or some dairy

- Crackers with peanut butter or hummus
- Small plain or fruit cake
- Bread sticks and dip
- Portion of cheese
- Fromage Frais
- Nuts or seeds
- Rice pudding
- Fruit loaf
- Yoghurt

STEP 5: WATER!

TOOL22

Packed Lunch TEXT MESSAGE TEMPLATES



Our school is developing a new set of standards for healthy packed lunches in line with the Leeds Policy. Contact the main office to find out more and help every child enjoy nutritious food at lunch.

Packed lunches that contain vegetables help children work, grow and play. Try cherry tomatoes, crunchy carrot sticks, cucumber sticks or even peas. What type of vegetables would your child enjoy in their lunch box?

Packed lunches are getting healthier at our school! A healthy treat snack could be fruit loaf, oat cakes with peanut butter, crackers with cream cheese or their favourite dried fruit such as mango or pineapple!

All children who bring vegetables in their packed lunch tomorrow will win a special prize! Make sure your child doesn't miss out!

For healthy growth and repair, don't forget the protein food in your child's packed lunch. Try chickpeas, eggs, ham, tuna, chicken or beef in sandwiches, pasta, rice or salads.

School provides free, fresh drinking water all day long for every pupil, so there is no need to send a drink in your child's packed lunch. Think of the money you will save!

Fruit is full of goodness and makes a yummy sweet desert in packed lunches! Try melon, grapes, kiwi, banana or mango for an exotic treat in your child's lunch box.

Healthy packed lunches don't have to be pricey. Check out our budget packed lunch menu on the school website for fun, tasty ideas that your child will love.

We are supporting the Leeds Packed Lunch Policy! Please show your support by swapping crisps for crunchy pepper, carrot or cucumber sticks in your child's lunchbox!

Strawberries are now in season! Visit the local grocers to purchase some cheap strawberries to add into your child's lunchbox now!

Why not use a toothpick to write a secret message to your child on a banana in their lunchbox, by lunchtime, it will magically appear!

Frozen and tinned fruit and vegetables count as part of your child's 5 a day and are cheaper. Include a small portion in lunchboxes the same size as the palm of your child's hand.

Non-food rewards are great to encourage eating healthy food in your child's lunchbox. Let them choose the colour of their Tupperware, have special cutlery or get a special prize at home.

Try grating carrot to add in sandwiches or add to pasta salad! It's a great way to sneak more vegetables into your child's lunch box.

Would you like to be a parent ambassador for healthy food at our school? Could you inspire other parents to swap the junk in their child's lunchboxes? Contact the main office to find out more.













Does it make a difference?

- 71 schools using it
- Saves schools time
- Uses Leeds City Council logo
- Consistent messages
- Supports schools to keep on top of communication to parents
- Child-friendly design
- Keen to explore the impact

'It is positive to see children taking responsibility of their food choices' (Oakwood Primary School).

'The children are much more aware of what healthy food is' (Westgate Primary School).

'We have seen healthier sandwich choices in our packed lunches' (Birchfield Primary School).

'The pupils are showing a willingness to be healthy' (Ninlands Primary School).

School Food Ambassadors: How to get started



- <https://www.leedsforlearning.co.uk/Store/Product/599>



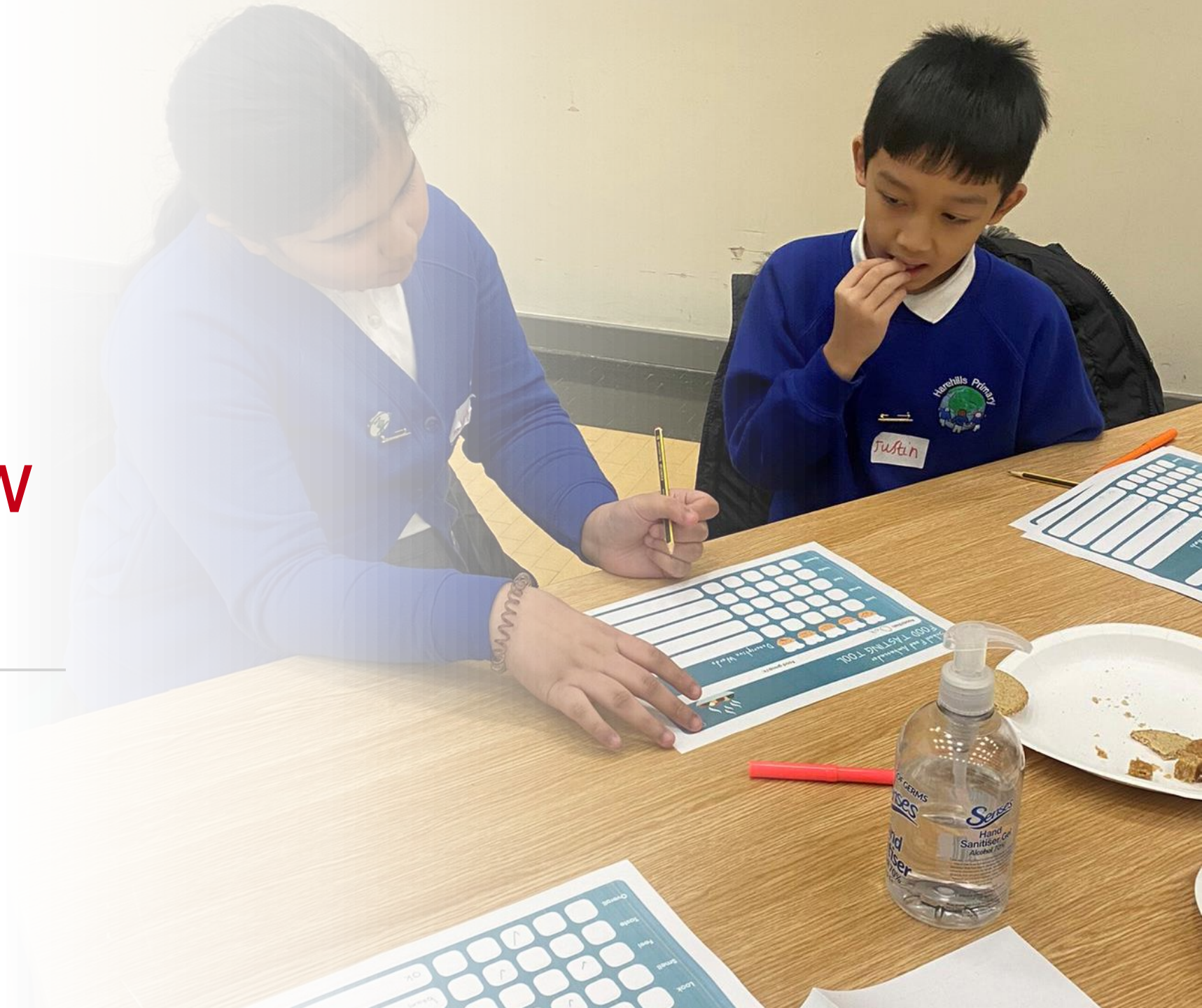
Pupil training events



Want to know more ...

[School Wellbeing](#)

Evaluated internally in 2012



Toolkits



[The Store | Leeds for Learning](https://www.leedsforlearning.co.uk)



School Meals Campaign January 2023!



Free School Meals
can save you money!



Monday

School meals are tasty,
nutritious, sustainable
and delicious



Tuesday

Try our school
meals theme
day dinner!



Wednesday

Thank you to our incredible
school catering
teams across
Leeds



Thursday

Have you tried
school meals?



Friday

Next steps & recommendations

1. Do something rather than nothing
2. Review in line with revised School Food Standards
3. Call for national recommendations for packed lunches to support local approaches
4. Evaluated both models for impact on school meals and packed lunches
5. Universal school meals ... would reduce need for packed lunch policies!

Thank you!

Any questions?



schoolwellbeing@leeds.gov.uk

InvestorsinPupils@leeds.gov.uk

www.schoolwellbeing.co.uk

www.healthyschools.org.uk

www.myhealthmyschoolsurvey.org.uk

www.leedsforlearning.co.uk

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