

HEALTHY PACKED LUNCH

Developing a policy –
Parental Input



Latest picture

Latest Health Survey for England

- 61.3% of adults and 28.3% of children are overweight or obese
- Prediction that 60% of men, 50% of women and 25% of children will be obese by 2050.
- Direct costs to the NHS estimated to be £4.2 billion, wider costs to the economy and society about £16 billion (e.g. sickness absence).
- Manchester has 90,000 adults and 14,000 children who are obese in a total population of 464,000.
- In 2009/10 one in ten pupils in Reception class were classified as obese.
- Latest National Child Weighing & Measuring Programme – rates in Manchester have risen slightly, still remain above the national average for most wards



The effects on Health.....

- Strain on body's joints
- Respiratory problems
- Psychological
- Heart disease
- Diabetes – Type 2
- Cancers
- Gastrointestinal and liver disease



Childhood Obesity effects.....

Both short term and long term consequences...

- Overweight and obese children are more likely to become overweight and obese adults
- Type 2 diabetes can develop in children
- Early puberty
- Eating disorders
- Skin infections
- Asthma/other respiratory problems
- Emotional and psychological



Duty of Care

- Children spend on average a quarter of their waking lives in school
- The school environment, attitudes of staff and pupils have as much influence on learning as what is taught in the curriculum
- School meals may be most substantial meal some children will have each day
- The school can support parents to make changes at home



Food Policy

- **What is the purpose of a food policy?**
- Review schools progress and improve
- Let the public know exactly what the educators are accountable for
- Help professionals govern in an orderly manner
- Support communication between school community and parents
- An effective food in school policy will take input from staff, parents and children alike.



The Picture at Cavendish

- Most children have a balanced packed lunch with some excellent examples.
- Significant minority don't.
- 42% of lunches surveyed had both a sweet and salted snack every day.
- 21% of lunches contained 2 or more cakes, chocolate bars or biscuits.
- Several lunches were completely chocolate based – chocolate spread sandwich, chocolate milk, chocolate bar – no fruit, veg, dairy, meat etc



What we think makes a healthy packed lunch...

- At least 1 portion of fruit and 1 portion of veg every day
- Only water, fruit juice, milk, yoghurt or milk drinks and smoothies
- A starchy food such as any type of bread, pasta, rice, couscous, noodles or potatoes every day
- Meat, fish or another source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus, falafel etc) every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day



What we think a healthy packed lunch should avoid...

- Snacks such as crisps – instead include nuts, seeds, savoury crackers or breadsticks.
- Confectionary such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits should be allowed but only as a part of a balanced meal.
- Meat products such as sausage rolls, pies, corned meat and chipolatas should only be included occasionally.



The Eatwell Plate

**Fruit and
vegetables**

**Bread, rice,
potatoes, pasta
and other starchy foods**



**Meat, fish,
eggs, beans
and other non-dairy
sources of protein**

**Food and drinks
high in fat and/or sugar**

**Milk and
dairy foods**



Packed Lunches

Barriers

- Cost
- Time
- Knowledge
- Consistency for all
- Child won't eat

Solutions

Simple foods, bulk

Use foods that are fine overnight

Provide leaflets, information

Implement policy school wide

Persevere (child won't starve)

Rewards (stickers, charts etc)

