





## Healthy Schools Lunchbox Policy

**‘Every Child, Every Chance, Every Day’**

<b>Reviewed By</b>	Ellen Edwards	Policy Owner	5 <sup>th</sup> July 2017
<b>Approved by</b>	Cate Gregory	Head of School	10 <sup>th</sup> July 2017
<b>Ratified by</b>	Carl Brooks	Governor	20 <sup>th</sup> July 2017
<b>NEXT REVIEW</b>			June 2020

**Overall aim of the policy.**

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

This policy has been developed by the Healthy Schools Subject Leader and Leadership team and was formulated to:

- Make a positive contribution to children’s health and our Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools, which must adhere to national standards set by the government.
- To promote healthy eating and healthy alternatives to different food types.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from September 2009.

**Food and drink in packed lunches.**

The policy states that;

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will provide attractive and appropriate dining room arrangements.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks, where possible, to stop the food going off.
- The school will work with parents to advise that packed lunches follow the list below.

**Packed lunches should ideally include;**

- At least one portion of fruit and one portion of vegetables

e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, melon cubes.

- Meat, fish or other source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas.
- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, yoghurt or fromage frais.
- A drink of either water, fruit juice, milk, yoghurt drink or smoothie. If you include a carton of fruit juice, keep it in the freezer until the morning before it will be drunk. Then put it directly in the lunch box - it will have thawed by lunchtime and kept the rest of the food cool.

**Our alternative suggestions to snacks such as crisps include;**

- Savoury crackers, rice cakes or breadsticks served with a dip.
- Vegetables and fruit.
- Cereal bars.
- Dried fruit.

**Our alternative suggestions to snacks such as chocolate bars include;**

- Sugar free jellies with fruit.
- Cakes and chocolate biscuits in moderation, for example penguins or two finger kit kat size bars.
- Fruit, vegetables.

• High fat meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.

**Items not permitted in lunchboxes:**

- Sugary or Fizzy drinks
- Sweets
- Bars of chocolate

**Special diets and allergies.**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are to be responsible for ensuring that packed lunches are as healthy as possible. For this reason pupils are also not permitted to swap food items.

**Nut Allergies:** Shirley Infant School is a nut free school and therefore any nuts or nut based products are not allowed in Lunchboxes. This includes products such as Nutella, peanut butter and cereal bars including nuts.

**Assessment, evaluation and reviewing.**

Healthy lunchboxes will be rewarded with verbal praise and talk about why it is a healthy lunchbox. Parents/carers will receive regular newsletters and where possible invited to dinner taster sessions to allow for feedback.

**Linked Policies:** Whole school food and Nutrition, PSHE and Science.

**Dissemination of the policy.**

The policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use opportunities such as parents' evenings, the School Newsletter, cookery demonstrations for parents, Healthy Eating days and food technology to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

**Staff member responsible for Implementation and review:** Head teacher and Healthy Schools Leader