



## LUNCHBOX POLICY

### **Introduction**

This policy sits within our whole school values which have been agreed by parents, children, governors and staff. It recognises that our children come from diverse home backgrounds, cultures and ethnic faith groups. Some of our children have special educational needs and some are more able. Our school aims to meet the needs of all these groups of children and ensure equality and equity of provision whilst taking account of this diversity and difference.

We also recognise that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

### **Aims and Objectives**

We aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents in securing the best for every child.

We recognise that it is not our remit to tell parents what they can and cannot feed their children, and no foods will be banned (other than confectionery and fizzy drinks which are not meal time foods). Fruit and vegetables are allowed at snack time, however we hope that all parents wish to secure their children's health and equip them for independent living in the future when they will make their own choices about healthy lifestyles. On that basis we hope that all parents will support this policy.

### **Need**

There is a nationally recognised issue with obesity in the adult and child population. As a recognised National Healthy School we are committed to ensuring that our children are as health as possible.

Research shows that there may be a direct link between foods/drinks and their additives and children's behaviour and progress at school

We want to ensure that all packed lunches brought from home and eaten in our school provide all children with healthy and nutritious food that is equal to that served to children having a school prepared lunch, as these meals are regulated by national standards.

### **How this policy was formulated**

This policy was formulated after working with children through class and school councils and seeking the views of staff and parents through questionnaires.

### **To whom this policy applies**

This policy applies to all children and parents/carers providing packed lunches to be eaten on school premises or on school visits.

## Whole school agreement on lunchbox food

- We will provide a safe, healthy and social eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- We will work with parents/carers to try to ensure that packed lunches contain items of the food groups/Eatwell Plate.

## Guidelines

The following guidelines for lunchbox contents and frequency of serving for each item mirror the statutory guidelines for school provided meals. This ensures equality of entitlement for all children.

## Packed lunches should include:

- At least one portion of fruit and or vegetable every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, and houmous) every day.
- Oily fish at least once every three weeks.
- A starchy food such as bread and pasta every day.
- Dairy food such as cheese, yoghurt, fromage frais every day.
- The children know that lunchboxes should contain some carbohydrate, protein, a dairy product and either a piece of fruit or vegetable sticks.
- An alternative to crisps can be plain pop corn, savoury snacks e.g. pretzels or bread sticks.
- An alternative to chocolate coated biscuits can be scones or small muffins.
- **NUTS AND NUT PRODUCTS SHOULD NEVER BE SENT TO SCHOOL BECAUSE OF ALLERGY CONCERNS.**
- **CHILDREN MUST NOT SWAP FOOD ITEMS BECAUSE OF ALLERGY RISKS.**
- Some balanced lunch box menus can be found in appendix 2 of this policy.

## Monitoring and Review

On a daily basis, staff in school will see what children have in their lunchboxes as a matter of course as they are supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and congratulate them if a lunchbox has a good balance across the food groups. In this way they will be aware of children who bring high fat/sugar content food on a daily basis. **At no time will a child be made to feel ashamed of their lunchbox contents.** However, we may send parents a reminder of this policy if lunchbox contents **regularly** fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and will not do so. We want to work with parents to help educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. We have the best interests of the children at heart.

This policy will be reviewed at least every three years.

## Involvement of Parents and Carers

We will continue to work with parents/carers and consult them in the implementation and review of this policy.

This policy will be available on the school website.



## Packed lunch ideas



These ideas below are recommended by the British Nutrition Foundation

- Tortilla wrap and grilled chicken, lettuce and red pepper slices (with reduced calorie mayonnaise)
- Cherry tomatoes
- Banana
- Fruit fromage frais
- Carton of apple juice
  
- Rice, bean and ham salad (boiled rice, kidney beans, green beans and chopped ham) with a little olive oil and lemon juice
- Peach or nectarine
- Low fat fruit yoghurt
- Slice of banana bread
- Bottle of water
  
- Granary roll with tinned salmon, lettuce and cucumber (reduced calorie mayonnaise)
- Sticks of sweet pepper
- Peach or nectarine
- Carton of semi-skimmed milk
  
- Couscous salad with grilled chicken, chopped peppers and sultanas
- Small tub of fruit cocktail in juice
- Fruit fromage frais
- Bottle of water



- Tuna and pasta salad with tinned tuna, chopped peppers and a little olive oil and lemon juice
- Banana
- Handful of raisins
- Carton of semi-skimmed milk
- Pasta and salmon salad (boiled pasta, tinned or grilled salmon and chopped cucumber) with reduced calorie mayonnaise
- Carrot sticks
- Small tub of fruit cocktail in juice
- Banana smoothie (banana, low fat yoghurt and orange juice)
- Tortilla wrap with mixed beans, grated cheese, lettuce and a little soured cream or reduced fat crème fraiche
- Handful of grapes and strawberries
- Fruit fromage frais
- Carton of apple juice
- Boneless chicken
- Potato salad with reduced calorie dressing (homemade or bought)
- Cucumber and carrot sticks
- Banana
- Low fat yoghurt
- Bottle of water

