

LARKS HILL JUNIOR & INFANT SCHOOL



Healthy Lunch Box Policy

Reviewed: Autumn Term 2013

Larks Hill J & I School

Healthy Lunch Box Policy

Overall aim of the policy:

To ensure that packed lunches brought from home and consumed in school (or on school trips) provide the pupil with a healthy, nutritious and balanced diet.

Why the policy was formulated:

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and **The School Food Trust** which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. This policy has been written following consultation with parents, pupils staff and governors.

Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of “complex carbohydrates” such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit www.schoolfoodtrust.org.uk for more information

Where, when and to whom the policy applies:

To all pupils and parents/carers providing packed lunches to be eaten within school or on school trips during normal school hours from April 2011.

Food and drink in packed lunches

The policy

- 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 work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food cool.
- Children must only eat their own food and not other children's. Nut or nut products are not permitted.

Guidance

Packed lunches should include:

- at least one portion of fruit and/or vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day
- (usually as part of a sandwich, wrap or salad).
- oily fish, such as salmon or tuna occasionally.
- a starchy food such as brown/wholemeal bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- dairy food such as cheese, low fat yoghurt, fromage frais or custard.

Packed lunches could include these foods but not every day and only as part of a balanced meal.

- buns
- plain biscuits
- cereal bars/Snack-a-Jacks

Packed lunches should not include:

- Chocolate covered confectionery and sweets.
- Drinks of any kind. Fresh drinking water is provided by the school.
- snacks such as crisps.
- Meat and pastry products such as sausage rolls or pies.
- **Nuts or nut products (although they can be healthy) because of the danger to other children with allergies.**

Special Diets /Allergies

The school recognises that some pupils may have verified medical conditions requiring special diets or cultural/religious beliefs which may impact on diet. These may not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible

NOTE For these reasons pupils are

- **not permitted to swap food items.**
- **not permitted to bring nuts and nut products in packed lunchboxes.**

Assessment, evaluation and reviewing:

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children.

Please note:

Pupils with special diets will be given due consideration.

We rely on parents/carers to support this policy and work with the school to ensure that their children are provided with a balanced healthy lunchbox.

A pertinent quote from a parent: “Perhaps it isn’t the fact there are unhealthy snacks but the lack of healthy ones as a counterbalance.”

If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Rewards

The real incentive for parents to adhere to this policy has been very eloquently put by this parental quote: “The incentive should be their children having a healthy, balanced lifestyle.”

However, children respond to rewards and to encourage them to bring a healthy lunchbox from Monday to Thursday, children can bring a packet of crisps or a chocolate treat in their lunchbox on a **FRIDAY**.

Children eating healthy lunches will be rewarded by e.g. stickers, certificates, Team Points and other awards such as sitting at the Top Table.

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. 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 to promote this policy as part of a whole school approach to healthier eating.

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