



# Healthy Lunchbox and Snack Policy

July 2019

Review date: July 2020

## Healthy Lunchbox and Snack Policy

At Lowerplace Primary school 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 and carers in securing the best for every child.

### Aims

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school lunches and abide by the regulations of the British Nutrition Foundation.

### Guidelines for lunchboxes

The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children.

The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks or any other fruit or vegetable
- A portion of milk or dairy food e.g. yoghurt.
- A drink e.g. a small carton of milk, juice, squash or a bottle of water.
- One small biscuit e.g. kit-kat, penguin, club, cake bar etc. – This is equivalent to a school meal dessert.

### **Packed lunches should not include:**

- **Products containing nuts**
- **Chocolate bars or sweets**
- **Fizzy drinks.**
- **Hot food (due to health and safety guidelines)**

### Monitoring and evaluation:

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, we will send a reminder home to parents if we identify regularly that a child's lunch is not in line with our policy.

We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

### Healthy Snacks for morning break time

All children in KS1, and Reception receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme.

As children move up into KS2, if they wish to have a break time snack, they are required to bring in something from home or can purchase a Healthy Snack from our Fruit Caravan.

Healthy snacks can include:-

- Fruit
- Vegetables
- Crackers
- **PLEASE DO NOT SEND YOUR CHILD WITH CHOCOLATE, SWEETS OR PRODUCTS CONTAINING NUTS (DUE TO NUT ALLERGIES)**

### Birthdays and Celebrations

To support the school in developing the children's understanding of healthy eating, we discourage parents from sending in cakes and sugary treats to celebrate their child's birthday, religious festivals, themed days etc. On birthdays, we pledge to treat our children as VIPs for the day and ensure they have a memorable day. If parents still wish to send in treats for their child's birthday, we would ask that it is a healthy option.

### Dissemination of the policy:

The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal etc.

The school will use opportunities such as new parents meetings and themed days to promote this policy as part of a whole school approach to healthier eating.

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

### Review of Policy

Headteacher: \_\_\_\_\_

Chair of Governors: \_\_\_\_\_

Policy to be reviewed: July 2020