

Wilton and Barford CE VC Primary School



Healthy Lunch Box Policy

Aim of the Policy

The aim of the policy is to ensure that all lunch food and drinks brought from home, consumed at school or on school trips provides pupils with healthy and nutritious food.

The policy embraces the Every Child Matters Agenda, the right of every child to:

- Stay safe
- Be healthy
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

It is intended to:

- Make a positive contribution to children's health
- Support the school's Healthy Schools status
- Encourage a happier and calmer school population
- Contribute to the self evaluation for review by OFSTED
- Promote consistency between food brought from home and food provided by the school

The policy applies to:

- All food brought from home to be consumed in school at lunch time or on a school trip.

The school's responsibility

The school will ensure that eating food from home is a sociable experience where staff will provide outstanding and consistent care. Our policy aims to support this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures

The school is not responsible for providing:

- Fridge space, so requests that food from home is in insulated bags with freezer blocks inside to keep food cool,
- Plates, bowls and cutlery, so request that cutlery is included with food from home when required.

Special diets and allergies

- The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for the child's needs.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. Nut and wheat allergies)

A Healthy Lunchbox should include:

- At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes).
- At least one portion of vegetables (e.g. carrot sticks, cucumber).
- Meat, fish or other source of non-dairy protein (e.g. chicken, ham, turkey, tuna, lentils, chickpeas).
- Oily fish such as salmon at least once every 3 weeks.
- A starchy food such as bread, pasta, rice, potatoes or cereals (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes).
- Dairy food such as milk, cheese, yoghurt, fromage frais, custard.
- Drinks should be water, fruit juice, milk or smoothies.

Aim to avoid:

- Snacks such as crisps. Try savoury crackers or breadsticks instead.
- Chocolate coated biscuits. Try small cakes, shortbread, flapjack or plain biscuits.
- Drinks with added sugars or sweeteners.
- Remains of take away food.
- Items high in salt or fat e.g. sausage rolls, meat pies, pasties)

Please do not include:

- Fizzy drinks or drinks in cans or glass bottles
- Sweets including chocolate bars
- Nuts or nut products e.g. peanut butter, nutella – we have children in school that could have a very severe reaction if they come into contact with any form of nuts.

When implementing the policy the school will aim to:

- Inform parents and carers and pupils of the policy via letter and the school website, including ideas for a healthy lunch box.
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating
- Ensure that all school staff including teaching, catering and lunchtime staff are informed of the policy and support its implementation.
- Help support parents who struggle to provide a healthy lunch box by sending ideas for a healthier lunch box home.
- Enable parents to monitor what their child is eating by sending back home any food not eaten by the child.

Safeguarding:

This policy supports the right of every child to be healthy. It also ensures that children with severe allergic reactions are protected from harmful foods.

Review and Evaluation:

The policy should be reviewed every 2 years by the Head Teacher, Lunch time supervisors, Healthy school leader and the school council. This will include promotion of the policy, staff training and monitoring of food choices. The impact of healthy eating in school will be assessed by will be assessed by looking at feedback from teaching staff about behaviour and concentration of children eating a packed lunch.