

# Sundridge Primary School



## Healthy Lunchbox Policy

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#### Overall aim of the policy

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on trips) provide the pupil with healthy and nutritious food, to try to promote healthy eating and avoid obesity. We believe that promoting good choices when selecting items for lunchtimes, will enable children to work well at school. Dinners served in schools are now regulated by national standards.

#### Why do we need a policy?

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. Eating healthily is important because it will help children to:

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

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches

Policy reviewed and revised annually

This school is committed to safeguarding and promoting the wellbeing of all children and expects our staff and volunteers to share this commitment.

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](http://www.schoolfoodtrust.org.uk) for more information.

### The Working Party Membership:

Parents

Pupils

Governors

School Dinner Staff

School Council

This policy has been developed by the working party and was formulated to:

- Make a positive contribution to children’s health and promote awareness of what constitutes a balanced lunchbox.
- To encourage a happier and calmer population of children.
- To promote consistency between packed lunches and food provided by schools.

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



## **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 work with the pupils to 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 communicate with parents via newsletter to advise that packed lunches follow the list below.

### Packed lunches should 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, mango 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 water fruit juice, milk, yoghurt drink.

### Our alternative suggestions to snacks such as crisps and chocolate include:

- Savoury crackers or breadsticks served with a dip
- Vegetables and fruit
- Baked 'healthier' snacks
- Rice crackers e.g. Snackajacks
- Sugar free jellies with fruit
- Healthy cereal bar
- Dried fruit bars e.g. School bars, Bear fruit rolls.

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

Special diets and allergies.

Be aware of nut, egg gluten and any other known allergies. We request that NO NUTS are included in packed lunches. There are several children in school with 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.

**RESTRICTIONS**

At Sundridge, we do not permit the following items:

- Fizzy drinks
- Drinks containing high sugar content
- Chocolate bars (small biscuits such as a Penguin or KitKat are allowed)
- Chewing gum
- Sweets
- Nuts of any kind

This supports Government guidelines, as well as the school's priorities for pupil health.

Snacks brought in for break-times should also follow these rules.

An Example of a Great Packed Lunch

Children do not need large portions. A lot of what parents send is wasted. A suitable lunch for a primary pupil might include:

- A ham and tomato sandwich on brown or 50/50 bread
- Carrot sticks and grapes
- A small biscuit bar such as a Penguin OR some cheese biscuits
- Water or no added sugar squash
- A yogurt
- Cold pasta/rice dishes or salad make a great sandwich alternative.

Promotion of Healthy Lunchboxes in school

Policy reviewed and revised annually

This school is committed to safeguarding and promoting the wellbeing of all children and expects our staff and volunteers to share this commitment.

A display in the hall will show children which foods are red, amber or green. Lessons will take place to explain to children which foods are good and which are to be limited. Fizzy drinks, energy drinks, chocolate bars and sweets will be sent home as they are unsuitable for lunch. Stickers and house points will be awarded to children choosing healthier options. Teachers regularly discuss healthy eating in class and teachers will teach this formally prior to a 'New Year's Resolution' in January 2022, to improve packed lunches and break-time snacks.

### Special diets

The school also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

### Assessment, evaluation and reviewing:

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards. Pupils/parents who are not following the guidance will be given a polite verbal warning, followed by a written reminder and finally the item would be sent home with the pupil, providing this does not leave the pupil hungry. Pupils' on special diets following verified medical advice will be given due consideration.

### Universal School Meals

All KS1 and EYFS pupils are entitled to a free school dinner. This reduces costs for the parents and ensures that children receive a healthy meal. Children can choose a sandwich as part of this option. There is also fruit, salad and yogurt available everyday. This should be promoted.

### Break time

All pupils in KS1 receive free fruit as part of the Government scheme. KS2 pupils can bring a break time snack if they wish. There is also an option to purchase a carton of milk for any pupils who would like to. The restrictions for packed lunches apply and the snack should be healthy. Snacks should be low in sugar and low in fat. Pupils are encouraged to refill water bottles during break times.

Suggestions include:

- Fruit
- Cucumber or carrot sticks
- Cereal bar
- Yogurt drink
- Dried fruit
- Breadsticks or crackers

Linked Policies.

Healthy Schools, PSHE and Science.

Dissemination of the policy.

The policy will be available for parents at their request and will be incorporated into the school prospectus.

The school will use opportunities such as parents' evenings, workshops, the School Newsletter.

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