



Manor Fields Primary School

Healthy Lunchbox Guidance Policy

Agreed by Governors & staff.	
Date of policy adoption	March 2016
Review date	March 2017

Aim of the Guidance

The aim of the guidance 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 guidance applies to all food brought from home to be consumed in school at lunch time or on a school trip. As a UNICEF Rights Respecting School, we believe that "Children have the right to... nutritious food and information to help them stay healthy", (Article 24).

This guidance 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
- Promote consistency between food brought from home and food provided by the school

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 guidance 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
- Ensuring that staff supervising pupils eating food from home are aware of school guidance and hygiene procedures.

The school is not responsible for providing:

- Fridge space: where food from home needs to be kept cool, it is sent into school in insulated bags with freezer blocks
- Heating facilities: we are unable to heat foods brought in from home
- 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 could 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.

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 guidance the school will aim to:

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

Safeguarding:

This guidance aims to ensure that children with severe allergic reactions are protected from harmful foods. All staff are made aware of children with specialist/dietary needs.