

St Neot School

Healthy Packed Lunch Policy

Introduction:

Why do we need a healthy lunch box 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 more quickly and behave better.

Statement of intent:

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

Who does it apply to and when and where?

To all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours from April 2012.

The Policy

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.

- 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 are as close as possible to the guidance below.
- Whenever possible the school will allow children eating packed lunch or school meals to sit together.
- Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Children must only eat their own food and not other children's.

Guidance:

Suggestions for food to include in a healthy packed lunch

- **At least** one portion of fruit 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, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.

- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include Dairy Lea Lunchables or similar products).
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Suggestions for food to include less often in a healthy packed lunch (once a week)

- Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Cakes
- Meat and pastry products such as sausage rolls or pies

Suggestions for food to not include in a healthy packed lunch (these are all foods we have already asked children not to bring to school).

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.

Special diets

The school also recognizes 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. If any of the foods suggested on the not to include list need to be a part of your child's daily diet, please inform your child's class teacher.

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' on special diets following verified medical advice will be given due consideration.