

Newchurch Primary School Packed Lunch and Snack Policy

Aim:

To ensure children have healthy and nutritious food in school, whether they bring food from home, or eat school lunches.

General policy:

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of a packed lunch is varied. Below we have produced a clear guide of:

1. Food that you can put in a packed lunch or send in for a snack at break time;
2. Food that we will ask children not to eat in school.
3. Suggestions of food that should only be used occasionally. *N.B The food on this list is not allowed at break times for a snack.*

Suggested healthy items for packed lunch or a snack

A good meal contains the following:

- At least one portion of fruit and one portion of vegetable or salad in each meal.
- A portion of fruit could be a piece of fresh fruit; berries or grapes; slices of melon or pineapple. Dried fruit, tinned fruit or 100% fruit juice can make up only one of your child's '5 A Day' but where possible fresh fruit is best.
- A portion of vegetables could be fresh vegetables such as carrot sticks, a salad or a vegetable soup or vegetable dish.
- Meat, fish or another source of non-dairy protein should be included in each meal.

- Non - dairy sources of protein include lentils, kidney beans, chickpeas, hummus, nut butters and falafel every day.
- An oily fish, such as salmon, should be included at least once every three weeks.
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, or fromage frais should be included every day. Please check the sugar content first, as some dairy products can have a lot of added sugar. Include only water, low sugar or no sugar cordial, fruit juice or milk as a drink.

Not allowed at all

- Confectionery such as chocolate bars
- Sweets
- Fizzy drinks
- Crisps

Suggestions for food to include less often in a healthy packed lunch

The following food should not be included regularly. If we notice these being given daily, we will send a message home informing you that they are no longer allowed to be sent into school. The food on this list is *not allowed* at break times for a snack.

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

Allergies - Currently nuts/dairy etc are not banned. We often have children in school with many different allergies. In fact, you can develop an allergy to almost anything. Rather than ban all food products, children have to learn to avoid their allergens and to recognise symptoms of a reaction. We will of course support children to do this, and remind children to keep their food to themselves, clear up after themselves, and wash their hands. Please note that if we admit a child who has a severe allergy which is airborne, we will review this policy, liaise with medical professionals and inform parents of any changes to our school policy.