

## WEST KIRBY PRIMARY SCHOOL HEALTHY LUNCH BOX POLICY 2018

Our aim is to ensure that all food consumed by children during the school day is healthy, nutritious and complies with the national food standards for schools. We want all children to eat well and enjoy both the food and the social experience of lunchtimes.

*We offer lunch to all children in F2, Year 1 and Year 2 each day free of charge. School meals for children from Year 3 -Year 6 are charged at a daily rate of £2.20 and are free for pupils eligible for Pupil Premium (ask at the School Office if unsure if you qualify).*

*All of the meals we serve comply with the government nutritional standards for schools. There is a choice of a hot meal or “deli bar” cold lunch and a choice of dessert including fresh fruit and yoghurt. We cater for a range of dietary needs, allergies and ‘fussy’ eaters- just let us know the requirements of your child.*

We ask that all snacks and packed lunches provided for consumption during school time comply with the same national nutritional standards. We recognise that some children are ‘fussy’ eaters and that it may be a challenge to get some children to eat anything at all. We ask parents to let us know if this is the case so that we can encourage them with sensitivity. We ask children with packed lunch to take home anything they do not eat in school so you can see. We want to work in partnership with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.

### **We ask that lunchboxes contain types of items from the selection below:-**

- A bottle of water or 100% fruit juice, semi-skimmed milk or yogurt drink
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Fish, meat or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- Manufactured meat products and processed foods only occasionally
- Dairy food such as cheese, yogurt, fromage frais
- Savoury snacks such as crackers or breadsticks
- A biscuit, cake or cereal bar not fully coated in chocolate (but may contain chocolate occasionally)
- At least one portion of fruit and/or vegetable (this could include a dried fruit)
- Eating utensils/cutlery if needed and a clearly named lunchbox

### **We ask that the following items are not sent to school:-**

- X** Nuts or nut products (including peanut butter) - as a few children have serious nut allergies
- X** Fizzy drinks, cans or glass bottles.

Our School Council have recently agreed with Governors that children may bring a chocolate or crisp type treat on a FRIDAY only.

Please refrain from including the following items from Monday- Thursday:-

- F** Fully coated chocolates, chocolate bars or sweets
- F** Crisps/crisp type snacks

On a daily basis our staff may see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. If they see an item from the red list below, they will ask the child to save it for after school and offer a healthier alternative so they are not hungry. We work with the best interests of the children at heart.

**For more information, please click on the link below:**

<http://www.childrensfoodtrust.org.uk/>