



Lunch Box Policy

Aim of the Policy

The aim of the policy is to ensure that all food and drinks brought from home, consumed on the school premises or on school trips provide pupils with health and nutritional food.

The policy embraces the right of every child to:

- Stay safe
- Be healthy
- Enjoy and be active
- Make a positive contribution
- Achieve economic wellbeing

(The five outcomes from the Every Child Matters agenda, DFES 2004).

This policy is intended to:

- Make a positive contribution to children's health
- Encourage a happy and calm school
- Contribute to the school's self-evaluation for review by OFSTED

The policy applies to:

- All food brought from home that is to be consumed at school either at lunch time or any other time during the school day.
- All staff eating food brought from home within the school or on a school trip within the presence of pupils.

The policy follows guidelines set out in the Nutritional Standards in Schools which can be viewed in full at:

<http://www.childrensfoodtrust.org.uk/the-standards>

Lunchtime supervisors will do their best to ensure the food you provide is eaten. Any food that is left will be sent home in the lunch box so that you are of exactly how much your child has eaten. We also recommend your child brings fruit or cheese for their mid-morning snack.

The school will ensure free, fresh drinking water is provided at all times.

A healthy lunch box should include:

- At least one portion of fruit and/or vegetables e.g. apple, orange, dried fruit, carrot sticks, cherry tomatoes, grapes, cucumber.

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- Meat, fish or other source of non-dairy protein e.g. chicken, ham, turkey, tuna, should be included each day.
- Oily fish such as salmon or tuna at least once every three weeks.
- A starchy food such as bread, pasta, rice, or cereals e.g. pitta bread, tortilla, rice cakes should be included each day.
- Dairy food such as yoghurt or cheese should be included every day.
- Drinks should be water, fruit juice, milk or smoothies.

Foods to avoid including:

- Crisps and crisp style snacks (try breadsticks or savoury crackers instead).
- Chocolate coated biscuits, (try small cakes, shortbread, plain biscuits or flapjacks instead).
- Drinks with added sugar or sweeteners.
- Items high in salt or fat e.g. sausage rolls, meat pies, pasties remains of 'Take Away' meals.

Please do not include:

- Fizzy drinks or drinks in cans.
- Confectionery (whether or not containing sugar), solid chocolate* bars of any form.

*Products containing, or wholly or partially coated with chocolate or any chocolate-flavoured substance may be included but are not recommended.

The school's responsibility:

The school will ensure that eating food from home is a sociable and enjoyable experience, where staff will provide outstanding and consistent care by providing; a clean, attractive place to eat, a seat and a table, fresh drinking water and staff who are aware of the policy and ensure good behaviour and consideration for others.

The school is not responsible for providing fridge space. Food should be brought from home in an insulated cool bag. Food cannot be heated at school. Cutlery must be provided from home if it is needed.