

St. Michael's C. E. (Aided) Primary School



Healthy Snack and Lunchbox Policy

Overall Aim of the Policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Why the policy was formulated:

- To make a positive contribution to children's health and St. Michael's Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools, which must adhere to national standards set by the government.

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours .

Food and drink in packed lunch:

- The school will provide appropriate dining room facilities where pupils can eat their packed lunches.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Fridge space for packed lunches is not available so during particularly hot weather, it is advisable to bring packed lunches in insulated bags with freezer blocks, to stop the food going off.
- The school will ensure where possible that packed lunch pupils and school dinner pupils are able to eat together in the school hall.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodle, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

It is advisable that packed lunches should not include:

- Snacks such as crisps. Instead include: seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only once a week.

Snacks at break time.

- **Children won't be allowed to take items from lunch boxes**
- **Healthy snacks will be put in a separate tray by the classroom door.**

All children in KS1, and Reception receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme. As children move up into KS2, if they wish to have a break time snack, they are required to bring in something from home.

- Healthy snacks can include: Fruit and nuts (not peanuts), Vegetables , Dried fruits , Cereal bars , Crackers

PLEASE DO NOT SEND YOUR CHILD WITH CRISPS OR CHOCOLATE OR SWEETS OR NUTS

Special diets and allergies

The school also recognises that some pupils may require 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. For these reasons pupils are also not permitted to swap food items.

Assessment, evaluation and reviewing:

If school have concerns about the contents of a child's lunchbox a personal phone call will be made to discuss how school can support Healthy Eating.

Please note: Pupils with special diets due to health issues will be given due consideration.1001

Involvement of parents/carers:

Pupils are able to eat a lunch provided by the school and cooked on the school premises. However, parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which conform to the school packed lunch policy.

