



## HEALTHY SNACKS AND HEALTHY LUNCH BOXES POLICY

### Overall Aim of the Policy

#### Lunch boxes

For schools and parents to work together to provide a good quality, healthy and safe lunch box, which promotes healthy eating and eating together sociably.

#### Objectives of the Policy

- *The school will ensure that lunch boxes are stored safely and hygienically*
- *The school will work with parents/carer sand children to raise awareness about eating a healthy packed lunch. Food and drink suggestions for inclusion in a lunchbox will be sent to parents/carers and demonstrated around school.*
- *The lunchtime arrangements for children eating a packed lunch will be given the same consideration as children eating a school lunch*

#### The policy applies to:

All pupils and parents providing packed lunches and snacks to be consumed within school or on school trips.

#### Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free drinking water is readily available at all times. The school will work with pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

#### School Setting

Children share lunch together in the school dining hall. The catering staff and midday assistants are aware of children with special dietary requirements.

The school also recognises that some pupils may have special dietary needs that do not allow for the standards to be met exactly. In this case those parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Children's packed lunches should include items from the 5 main food groups;

### **Bread, Rice, Potatoes, Pasta**

These starchy foods are a healthy source of energy. Packed lunches should include 1 or more portions eg pasta salad, sandwich.

### **Fruit and Vegetables**

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more eg carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

### **Milk and Dairy foods**

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch eg yoghurt, fromage frais, milk.

### **Meat, Fish, Eggs, Beans**

These foods provide protein for growth. Packed lunches should include 1 portion of these foods eg boiled egg as filling in sandwich, mixed bean salad.

### **Water**

The only drinks permitted in lunch boxes include: plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

Please support your school by not including these items in a packed lunch.

Packed lunches should not include:

- king size treat bars
- chocolate bars
- nuts
- fizzy drinks
- energy drinks
- milkshakes

### **Why the policy was formulated**

It was decided to introduce a healthy packed lunch policy to make a positive contribution to children's health and in maintaining our Healthy School's Status.

Through implementing the healthy lunchbox policy, this promotes consistency between packed lunches and food provided, school which must adhere to national standards set by the government.

### **National Guidance**

The policy was drawn up using a range of national documents including the Rotherham Lunch Box Toolkit which embraces the Every Child Matters Agenda, proclaiming the right of every child to:

- stay safe;
- be healthy;
- enjoy and achieve;
- make a positive contribution;
- achieve economic wellbeing

### **Break time snacks**

The requirement for snacks and drinks during a morning break may be questioned, but growing children may benefit from the additional intake of food at this time. The provision of the right types

of foods is necessary to complement the benefits highlighted for breakfast provision, and, to enable this.

### **Aim**

A mid-morning break should seek to provide a nutritious snack which will give a slow energy release, thus aiding concentration and learning.

### **Expected outcomes**

- *Pupils can identify a healthier snack*
- *Pupils know which food is allowed within school*
- *Increase in pupil concentration span and therefore educational performance*
- *The caring image of the school is demonstrated*

### **Snacks could include:**

- Plain rice/corn cakes
- Homemade plain popcorn
- Fruit
- Vegetables (e.g. carrot sticks, celery sticks)
- Dried fruit (e.g. raisins)

### **Snacks should not include:**

- Crisps
- Chocolate
- Cake bars
- Fruit winders

### **How will this be implemented?**

Any children whose lunchbox contents do not adhere to the new policy will receive a card with an image of a red pepper on it. Each class will have their own tally displayed in the room. Any red pepper cards will be noted on this tally. At the end of the week, the class with the least red pepper cards will be awarded the Healthy Lunchbox trophy. Also, any lunchboxes deemed as being very healthy will receive a green pepper card.

### **Effective Date**

This policy became effective in Autumn 2016, will reviewed in Autumn 2018.

