

LUNCH BOX POLICY



2021

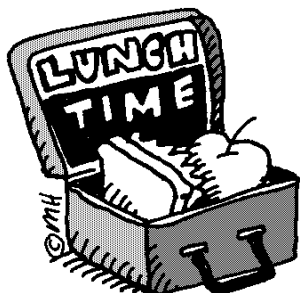
Ratified by the Governing Body on

Signature of Chair of Governors _____

Dated: _____

Whealers Lane Lunch Box Policy

Incorporating any other food brought from home



Aim of the Policy

The aim of the policy is for school to work in partnership with parents/carers to ensure that food and drinks brought from home, consumed at school or on school trips, helps contribute to providing pupils with a balanced diet that includes healthy and nutritious food.

All food served in school is regulated by national school food standards. This includes breakfast clubs, packed lunches prepared by school catering staff, lunch time food and after school clubs. It is therefore important to have a comparable policy for food and drink brought from home.

Our school is a nut free environment, we take great care to exclude nuts, food containing nuts, and nut derivatives from our menus. Parents are advised to exclude nut products from lunchboxes also. However, we cannot guarantee that menu choices/lunchboxes are free from all traces of nuts.

The policy is intended to:

- Make a positive contribution to children's health and positively encourage a balanced diet
- Encourage a happier and calmer school population
- To promote packed lunches that contribute to providing a balanced healthy diet.
- Contribute to the self-evaluation for review by OFSTED

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The policy applies to:

- All food brought from home to be consumed in school at lunch time or at other times during the school day including on a school trip.

The school's responsibility – Food and drink in packed lunches:

The school will ensure that eating food from home is a sociable experience where staff will provide integrated and wrap around care. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat.
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times
- Staff supervising pupils eating food from home are aware of school policy, hygiene procedures and are vigilant about nut products contained in lunchboxes
- A reminder will be put onto school trip letters that we are a nut free school and no products containing nuts should be included in school trip lunchboxes



The school is unable to provide:

- Fridge space, so requests that food from home is in insulated bags with freezer blocks or frozen drinks cartons to keep food cool, appetising and safe where possible.
- Plates, bowls and cutlery so would request that cutlery is included with food from home when required; no sharp knives please.

Special diets and allergies

The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for the child's needs.

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- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. Nut allergy)
- The school is a nut free school due to possible nut allergies.

A healthy balanced lunch Box should include some of the items listed below:

- ✓ At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, and cherry tomatoes) should be included each day.
- ✓ At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- ✓ Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas and hummus) should be included each day
- ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day
- ✓ Include a moderate amount of dairy food such as milk, cheese, yoghurt, fromage frais or custard; choose low fat versions wherever possible.
- ✓ Drinks should be water, pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies. If possible provide a straw to drink fruit juice as this will help to protect children's teeth.



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Please aim to avoid regularly including:

- × Snacks such as crisps (alternatives include savoury crackers, breadsticks)
- × High sugar and fat snacks such as confectionery - chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads and flapjack or plain biscuits)
- × Items that are high in fat or salt in lunch boxes. For example: Cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies

Items not allowed in Lunch boxes:

- × NO Fizzy drinks, drinks with added sugar or sweeteners
- × Drinks in glass bottles or ring pull cans.
- × Nuts or products containing nuts– we are a nut free school. We have many children with an allergy to nuts.

In implementing the Policy the school will aim to:

- Inform parents and carers and pupils of the policy via letter, the school newsletter and the school website, including ideas for a healthy lunch box.
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating and as part of the PSHE healthy Lifestyle curriculum educating children about a balanced diet and what that entails.
- Ensure that all school staff including teaching, catering, lunchtime and the school nurse are informed of the policy and support its implementation.
- Contact the parents and carers if a child regularly brings a lunch box which does not conform to the policy to discuss and find a way forward.
- Discuss with parents and carers food from home that is regularly not eaten by their child.
- Regularly remind parents not to include products containing nuts.



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Involvement of parents/carers

Packed lunches are expected to follow the guidelines of the packed lunch box policy. The school will keep parents and the school nutrition action group (via school council) informed.

Linked policies:

Food Policy
RHSE within PSHE Policy

Dissemination:

The school will inform new and existing parents of the Lunch Box Policy.

The policy will be available on the school's website.

The school will use healthy lifestyle sessions in Health Education within PSHE to promote this policy as part of a whole school approach to healthier eating.

All staff will be informed of this policy.

Review and Evaluation

- The policy will be reviewed annually by the Head teacher and PSHE coordinator, Lunchtime Supervisors, teaching staff, School Nutrition Action Group (SNAG) as part of the Junior Leadership Team (JLT) and the governing body.
- This will include the evaluation of teaching and learning activities within Health Education in the PSHE curriculum.

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