

Healthy Lunchbox and Snack Policy



Review date: September 2023

At Lower Meadow Primary Academy we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

Aims:

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation. Guidelines

The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

This ensures equality of entitlement for all children.

The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable
- A portion of milk or dairy food e.g. yoghurt.
- A drink e.g. a small carton of milk, juice, squash or a bottle of water.
- One small biscuit e.g. kit-kat, penguin, club, cake bar etc. – **This is equivalent to a school meal dessert**

PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A NUMBER OF CHILDREN WITH ALLERGIES

Packed lunches should not include:

- Chocolate bars, or sweets
- Fizzy drinks.
- Hot food (due to health and safety guidelines)

These will be removed and sent home at the end of the day. Alternative options will be provided to the child for that day.

Monitoring and evaluation:

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents **regularly** fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle

Healthy Snacks

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 or can purchase from the School Tuck Shop.

Healthy snacks can include: -

- Fruit
- Vegetables
- Dried fruits
- Cereal bars
- Crackers

PLEASE DO NOT SEND YOUR CHILD WITH CRISPS OR CHOCOLATE OR SWEETS. Children will not be allowed to eat these and they will be sent home. An alternative will be provided for that day.

Drinks in class

During lesson times, we only allow the drinking of water. Drinking adequate amounts of water regularly throughout the day can protect health and contribute to well-being. Drinking water is the key to boosting the capacity to learn. Water also supports pupils with concentrating better because they are not distracted by the effects of dehydration such as thirst, tiredness and irritability.

Dissemination of the policy:

The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal etc. The school will use opportunities such as new parents meetings and Healthy Lifestyle weeks to promote this policy as part of a whole school approach to healthier eating. All school staff, including; teaching, pastoral, catering staff, will be informed of this policy and will support its implementation.