



# Grange Primary School

## Healthy Lunchbox Policy

### **Overall aim of the policy:**

Our aim is 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.

### **The Working Party Membership:**

Staff

Parents

Pupils (via school council)

Governors

School catering staff

Healthy Schools Team.

This policy has been developed by the working party and was formulated to:

- Make a positive contribution to children's health and our 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, from September 2006 to 2007 must adhere to national standards set by the government.
- To contribute to the self-evaluation for review by Ofsted.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from January 2009.

### **Food and drink in packed lunches**

The policy states that;

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- 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.
- The school will work with parents to advise that packed lunches follow the list below.

### **Packed lunches should include:**

- At least one portion of fruit and one portion of vegetables  
e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes.
- Meat, fish or other source of non-dairy protein  
e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas and falafel.

- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, yoghurt or fromage frais.
- A drink of water, fruit juice, milk, yoghurt drink or smoothie.

Our alternative suggestions to snacks such as crisps include;

- Savoury crackers or breadsticks served with a dip
- Vegetables and fruit
- Cereal bars
- Dried fruit

Our alternative suggestions to snacks such as chocolate bars include;

- Sugar free jellies with fruit
- Cakes and biscuits in moderation
- Fruit, vegetables

High fat meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.

### **Special diets and allergies**

Be aware of nut allergies. For this reason pupils are also not permitted to swap food items. The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are to be responsible for ensuring that packed lunches are as healthy as possible.

### **Assessment, evaluation and reviewing**

Healthy lunches will be rewarded with stickers and verbal congratulations etc. Parents/carers will receive regular newsletters containing recipes and advice.

### **Linked Policies**

Food and Drink, DT, PSHE and Science.

### **Dissemination of the policy**

The school will write to all new parents/carers to inform them of the policy via the school newsletter.

The policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use opportunities such as parents' evenings, the school newsletter, cookery demonstrations for parents, Healthy Eating days and food technology to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.