



'Learn to live, live to learn'

Foxyards Primary School

School Lunchbox Policy

Drafted by: Mrs Helen Thomas, Headteacher February 2016	Approved by:
Date to be reviewed: February 2019	

Introduction

The Healthy Lunchbox policy is part of a wider Whole School Food policy which sets out a coordinated approach to all aspects of food within school

Rationale

All food provided at school is governed by legislation, through the School Food Standards. These government standards are intended to help children develop healthy eating habits and ensure they get the energy and nutrition they need across the day. The standards apply to all food and drinks provided at school - breakfast club, school meals and afterschool club.

It is therefore important to have comparable policy guidance for packed lunches brought in from home. Based on the government's School Food standards, packed lunches brought in from home should follow the following policy guidance.

- ✓ Base a packed lunch around a starchy food - such as a sandwich, pasta, a roll, wrap, pitta or bagel.
- ✓ Include at least one portion of vegetables or salad
- ✓ Include at least one portion of fruit
- ✓ Include a dairy food such as milk, cheese, yoghurt, fromage frais
- ✓ Include a source of protein such as meat, fish, chicken or non-dairy vegetarian sources such as eggs, beans, lentils, soya/quorn products
- ✓ **No Crisps apart from on a Friday**
- ✓ **No confectionary/sweets chocolate or chocolate coated products**
- ✓ Limit cakes and biscuits to 2-3 times per week. Try and choose fruit-based cakes or plain biscuits where possible
- ✓ No nuts, or food that contains nuts
- ✓ Suitable drinks are:
 - Plain water (still)
 - Milk
 - Pure fruit or vegetable juice
 - No added sugar squash (at least 45% fruit recommended)

Pupils with Special Diets

The foods and drinks included in the policy guidance will be suitable for most therapeutic diets. However any pupils following a specific diet devised by a health professional must adhere to it. For these reasons pupils are also not permitted to swap food items. If any issues arise staff will consult parent/carers or relevant health professionals for advice.

Communication

The policy will be communicated with staff, Governors, parent's/carers and pupils in the following ways:

- Staff will be informed through staff meeting and staff induction programmes
- Parents will be informed through letters, website, newsletter, welcome pack and parents evening health lunchbox workshops annually
- Pupils will be informed through cooking in the curriculum lessons, PSHE lessons and focused assemblies.

Monitoring

Packed lunches will be regularly monitored by teaching staff and lunchtime supervisors.

Healthy lunches will be rewarded by dojo points, raffle tickets and certificates.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a letter in the packed lunch informing them of the policy - Appendix A. If a child regularly brings a packed lunch that does not conform to the policy guidance then the school will contact the parent to discuss this.

Evaluation and review will take place as part of our regular three-yearly cycle of policy review.

Appendix A

Dear Parent/Carer

Following our Healthy Lunchbox Policy I wish to inform you that today your child's lunchbox was not deemed healthy due to:

Please refer to schools Health Lunchbox Policy which offers advice on how to ensure your child's lunchbox is healthy.

If you need further advice please contact school.

