



## Healthy Packed Lunch Policy

### Aim of policy:

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in school, which is regulated by national standards.

Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of diversity and difference. We will provide a safe, healthy and appealing eating environment for pupils eating packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

### Water:

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired.

Therefore, we encourage all pupils to bring a bottle of water to school each day and these will allow children to have access to fresh drinking water throughout each day. **We try to discourage squash in drinks bottles and encourage pupils to drink water.**

### Packed Lunches could include:

Starchy food – bread, roll, pitta, wrap, crackers, pasta, rice  
Meat, cheese, egg, beans, or oily fish  
Milk and dairy food – yoghurt, fromage fraise,  
Fruit and vegetables  
Water or a healthy drink

### Packed lunches should avoid:

Fatty foods such as crisps  
Chocolate bars or confectionary  
Sugary drinks

### Allergies

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.

### Monitoring

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want

to work with parents to educate our children about healthy dietary choice so that they can make their own informed choices independently when they are older.

### **Exceptions**

Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.