



Meadowhead Community Infant School and Nursery

## HEALTHY LUNCH BOX POLICY

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

To ensure that packed lunches brought from home and consumed in school (or on school trips) provide the pupil with a healthy, nutritious and balanced diet.

### **Why the policy was formulated:**

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and *The School Food Trust* which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. This policy has been written following consultation with parents, pupils staff and governors.

Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life
- Concentrate better
- Reach their maximum physical and academic potential

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of “complex carbohydrates”, potatoes, dairy and other protein foods.

There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information

### **Where, when and to whom the policy applies:**

To all pupils and parents/carers providing packed lunches to be eaten within school, on school trips or during normal school hours.

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

#### **The policy**

- 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
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food cool.
- Children must only eat their own food and products containing nuts are not permitted

## **Guidance**

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

- at least one portion of fruit and/or vegetables every day.
- meat, fish or another source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day
- (usually as part of a sandwich, wrap or salad).
- oily fish, such as salmon or tuna occasionally.
- a starchy food such as brown/wholemeal bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- dairy food such as cheese, low fat yoghurt, fromage frais or custard.
- Bottled water or fruit juice.

### **Packed lunches could include these foods but not every day and only as part of a balanced meal.**

- buns
- plain biscuits
- cereal bars/Snack-a-Jacks
- Snacks such as crisps.
- A treat-size chocolate covered confectionery

### **Please do NOT send in the following:**


- Nuts or nut products (although they can be healthy) because of the danger to other children with allergies.
- Fizzy or sugary drinks of any kind.

## **Special Diets /Allergies**

The school recognises that some pupils may have verified medical conditions requiring special diets or cultural/religious beliefs, which may impact on diet. These may not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible

### **NOTE for these reasons pupils are**

- **not permitted to swap food items.**
- **not permitted to bring nuts and nut products in packed lunchboxes.**

Adopted/Ratified:	June 2023
Review Frequency:	3 Years
Review Date	June 2026
Signed (Chair of Governors)	
Signed (Headteacher)	