



## North Wolds Federation

### Packed Lunch and Break time Snack Policy

May 2017

#### Aim Of This 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 schools, which is regulated by national standards. Additional guidance and advice on healthy packed lunches is available from a number of sources including the School Food Trust [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

In writing this policy we held four consultation groups for parents and consulted with governors, staff and children.

#### Our Federation

We recognise that the majority of our children bring packed lunches that are well balanced and nutritious however we need to ensure that **all** of our children have this advantage. We know our learners come from diverse home backgrounds, cultures, ethnic and faith groups. Our Federation aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

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 morning fruit or 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.

#### Rationale Of The Policy:

- Schools are required to positively promote the health and well being of its pupils. Work around healthy eating is a high priority.
- The content of lunchboxes need to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- The contents of lunchboxes in some schools can be extremely unhealthy, recent audits of lunchboxes have shown that often they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

## 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 water bottle to school and keep it in their classroom. Alternatively water bottles are available for £1.00 from the school office. These can be kept at school and will be filled and emptied each day. This will allow children to have access to fresh drinking water throughout each day.

**We are a water only school.** Fruit juices, squash and carbonated drinks are not permitted in school. The only exception to this is milk that is provided by the school. The aim of this is to reduce the amount of sugar, sweeteners, colours and preservatives our children consume. At lunchtime we will provide fruit infused water for child to access as we appreciate some children do not enjoy water. If a child needs (not wants) a drink other than water, medical evidence will need to be provided. For example a child with low weight who needs food supplement shakes for weight gain.

## Packed Lunches

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.

Packed lunches should include:

- At least one portion of fresh fruit and one portion of vegetables (these foods provide vitamins, minerals and fibre) eg carrot/cucumber sticks, cherry tomatoes, piece of fruit
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus) (these foods provide protein for growth)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles (these starchy foods are a healthy source of energy). Packed lunches should include at least 2 portions.
- Dairy food such as cheese, yogurt, fromage frais (these foods provide calcium for healthy bones and teeth)

The following items are not banned from packed lunches but **should only be included in moderation**. You may want to consider only sending these items in one day per week.

- Crisps or similar
- Cereal bar
- Lunchable foods (Dairylea etc)
- Piece of cake or cake bar
- Chocolate flavoured yogurt/Mousse etc,
- A smoothie or yogurt drink (max portion 150ml)

Please support your school **by not including** the following items in a packed lunch. These will be taken off the children if they bring them in to school and returned to parents. If your child requires additional food as a result we will provide food that falls in line with the Schools Food Trust advice and we shall charge parents/carers for the provision of this food.

Prohibited items:

- Confectionery such as chocolate bars and sweets.
- Sausage rolls and pies/pasties.
- Chocolate spread as a filling for sandwiches
- Sugared / toffee and salted popcorn

## **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.

## **Enforcing the policy**

Between June 2017 and July 2017 this policy will be shared with parent and reminders sent when the policy is broken. From September 2017 the policy will be fully enforced.

## **Welfare**

If a child is regularly sent to school with food that does not conform to the policy or is not getting a well balanced diet at school this will be treated as a welfare issue and treated as such. In the first instance parents will be contacted to discuss our concerns. Advice and support will be given from school or through our Parental Support advisor. If the issues are so concerning that they are considered neglect we will follow the school safeguarding policy.

## **Promotion of Healthy Packed Lunches**

There will be ongoing promotion of the need to provide healthy packed lunches through:

- Pupil, parent / carers newsletters
- School prospectus / brochure
- Whole School / Packed Lunch Policy
- Health weeks / healthy eating activities
- Curriculum content
- Parents evenings / parent consultations
- School website
- Reward schemes
- Workshops for parents
- School involvement in numerous healthy eating initiatives

School Sports and Health Ambassadors helping to monitor, educate and reward children.

## **Break time snacks**

- Only fruit or vegetables are permitted as snacks during break time.
- In Reception and Key Stage One the school provides fruit or vegetable for the children.
- In Key Stage Two parents should provide fruit or vegetables for the children.
- No other food is to be consumed at break time.

## **Treats**

As part of creating a healthy ethos within the school and promoting the idea of a balanced diet and life style, special exception to the above rules would be granted for special occasions and treats such as end of year parties, WOW days and other events.

## **Special Diets**

The school also recognizes that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In these cases medical evidence will be sought.

## **Policy Review**

This policy will be reviewed in one year.

Signed:

Date: