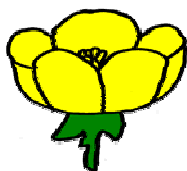


Goldfield Infants' and Nursery School



Healthy Lunchbox Policy

Committee	Staff and Pupils Committee
Next Review	Summer 2022
Duration	3 years
Approved FGB	Summer 2019

Aim

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.

Objectives

- To ensure that we give consistent messages about food and health
- To give our pupils and parents the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the "5 a day" campaign
- To promote consistency between packed lunches and food provided by schools this should adhere to national standards set by the government.

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 2010

Food and drink in packed lunches.

- 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, mango cubes.
- *Meat, fish or other source of non-dairy protein* e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, 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.
- *Drink* e.g. 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.
- Fruit, vegetables.
- Scones (plain or with dried fruit)
- Fruit based cake e.g. carrot cake, gingerbread, banana loaf, date loaf, fruit loaf (or the same but in the form of a muffin)

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

Special diets and allergies.

- ***There needs to be and awareness of nut and sesame seed allergies and that any form of nuts or sesame seeds or foods containing these products are not brought into school.***
- 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. For this reason pupils are also not permitted to swap food items.

At no time will a child be made to feel ashamed or uncomfortable about the contents of their lunch box.

Assessment, evaluation and reviewing.

Healthy lunches will be rewarded with stickers and verbal congratulations and an opportunity to take part in Finer Diner

Dissemination of the policy.

- The school will circulate the policy in New to Reception welcome packs.
- 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, 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.

Partnerships with parents and carers

Parents and carers are kept fully informed about access to water, school and healthy packed lunches and physical activities which are available after school

Role of Governors

Governors monitor and check that the school policy is upheld

Monitoring and review

The Head teacher and PSHE co-ordinator are responsible for supporting colleagues to deliver the Healthy Lunchbox policy.