



## **Healthy Eating, Snacks and Lunch Box Policy**



LEWANNICK CP SCHOOL

VERSION CONTROL SHEET

**POLICY NAME: Healthy Eating, Snacks and Lunch Box Policy**

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	Healthy Eating, Snacks and Lunch Box Policy		Mid-morning break changes	April 2017



## Healthy Eating, Snacks and Lunch Box Policy

### The Overall aim of this policy

Our aim is to ensure that all packed lunches and snacks 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 now regulated by national standards.

### Our School

Lewannick CP School aims to meet the needs of all children and ensure equality of provision whilst taking account of diversity and difference. We understand that some pupils are 'fussy' eaters and that it is a major step to get some pupils 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 pupils sensitively and with encouragement and praise for what they **have eaten**.

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and 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 snack 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.

### Water

It has been recognised that pupils' concentration and behaviour improves when they drink water throughout the day. Dehydration can give pupils headaches and make them tired. Therefore, we encourage all pupils to bring a named plastic bottle of water to school each day. 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.

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

### Packed lunches may include:

- At least one portion of fruit and or vegetable (this could include a dried fruit).
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus).
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat).
- A starchy food such as bread, pasta, rice, noodles.
- Dairy food such as cheese, yogurt, fromage frais.
- A biscuit not coated in chocolate.



- Savoury biscuits (baked or other low fat options if possible) or other such savoury snacks such as seeds, breadsticks etc.
- Eating utensils if necessary.
- Water will be available at the table.

### **Packed lunches should avoid:**

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls, pies and other high-fat savoury foods should only be included occasionally.
- No fizzy drinks or other high-sugar drinks.

**Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Pupils are not allowed to share food items for this same reason.**

During lunchtimes our staff talk with pupils about their lunchboxes 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 pupils about healthy dietary choices, so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box, in order for you to see.

### **Mid – morning Break**

Our school tuck shop will be open each day for pupils to purchase items if they wish. A menu detailing the choices and prices is available from the school office and via the school website.

### **Items from home may include:**

#### **Monday to Thursday**

- Fruit – dried or fresh. If your child is unable to peel the fruit, please peel for them and wrap or store in a suitable way.
- Fruit bars/packs e.g. Bear paws
- Yoghurt coated fruits
- Vegetables e.g. carrots, cucumber, pepper
- Cheese
- Savoury biscuits/breadsticks/rice cakes
- Cereal bars
- Homemade popcorn



**Please do not send in chocolate or sweets as a snack.**

## **Treat Friday**

Children are allowed to bring in a 'treat' snack on a Friday from the following list:

- Bag of Crisps
- Cookie
- Slice of Cake

**Please do not send in sweets and chocolate bars or any of the above items with sweets on.**

Food sent in from home is monitored on a daily basis by staff and food that is not permitted will be sent home.

**Children can bring a birthday cake/cakes into school to celebrate their birthday.**