

Barncroft Primary School



Healthy Lunchbox Policy

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Aim of Policy

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

Why was the policy formulated?

The Government has placed a duty on schools to ensure that every child is healthy and has invested in improving the quality of cooked meals that are provided to children. The Government has introduced free fruit for infant children, free milk for children in receipt of the Pupil Premium Grant and in September 2014 the introduction of the Universal Free School Meal for all Infant Children.

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' such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Much research has been conducted into food that children eat and their subsequent performance in the classroom. This research and further advice to both professionals and parents can be found at www.schoolfoodtrust.org.uk, please visit for more information

At Barncroft Primary School we believe that eating healthily is important because it will help children to:

- Be fitter and healthier now and in later life
- Learn more quickly
- Behave appropriately during the school day

Where, when and to whom the policy applies

To all pupils, parent/carers providing packed lunches to be eaten within school or on school trips during school hours from September 2015

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 pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to help ensure that packed lunches conform to the standards listed below
- As fridge space is not available pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep food cool
- Children must eat only their own food and not other children's
- Nut or nut products are not permitted due to the increasing number of children with allergies in school

Packed lunches **should** include:

- At least one portion of fruit and or vegetables every day
- Meat, fish or a 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
- Starchy food such as brown/ wholemeal bread, pasta, rice, noodles, potatoes or other types of cereal every day.
- Dairy food such as cheese , low fat yoghurt, fromage frais or custard

Packed lunches **could** include these foods but **not** every day

- Buns
- Plain biscuits
- Cereal bars/snack-a-jacks

Packed lunches **should not** include (but will be considered in the context of a balanced lunchbox):

- Chocolate covered confectionary and sweets
- Meat and pastry products such as sausage rolls or pies

Packed lunches **must not** include:

- Drinks of any kind. Fresh drinking water, fruit juice and milk is provided by the school
- Nuts or nut products

The school recognises that some pupils may have verified medical conditions requiring special diets or cultural/religious beliefs which may impact on diet. In these cases, parents are urged to ensure that packed lunches are as healthy as possible.

Assessment Monitoring and review

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. If a child regularly brings a packed lunch that does not conform to the policy the school will contact parents to discuss this.

Dissemination of the Policy.

The school will write to all existing parents and carers via the school newsletter. Any new parents will be informed of the requirements prior to their child starting with us the policy will be on the school website along with ideas on how to provide a healthy lunchbox for the children.