

St Bernadette's Catholic Primary School

Healthy Lunch Box Policy



"Doing our best for God"

Healthy Packed Lunches for Children



Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.



The aim of this policy is to ensure that all packed lunches provided from home and consumed within school or on school trips provide the child with a healthy, nutritious and balanced diet.

Packed lunches should include:

- One portion of fruit AND one portion of veg or salad every day.
- Meat, fish or another source of non-dairy protein every day, this could include lentils, chick-peas or hummus.
- Oily fish (e.g. Salmon) once every 3 weeks.
- A starchy food every day, for example bread, pasta, noodles or potatoes.
- A dairy food every day, e.g. cheese, yoghurt or milk (not chocolate flavoured).
- Crisps may be included in packed lunches in moderation – NOT DAILY. Baked versions are preferred or savoury crackers.
- Sweet biscuits may be included in packed lunches in moderation – NOT DAILY. Try and choose fruit based cakes or plain biscuits where possible.
- A drink – plain still water or milk or pure fruit or vegetable juice or no added sugar squash

Packed lunches should NOT include:

- No confectionary/sweets, chocolate or chocolate coated products
- Snack foods e.g. cereal bars.
- Fizzy drinks.
- Nuts or food that contains nuts.
- Peanut butter
- Nutella chocolate spread

Our school follows a strict No Nuts Policy.

Pupils with Special Diets

The foods and drinks included in the policy guidance will be suitable for most therapeutic diets. However, any pupils following a specific diet devised by a health professional must adhere to it. For these reasons pupils are also not permitted to swap food items. If any issues arise staff will consult parent/carers or relevant health professionals for advice.

Communication

The policy will be communicated with staff, Governors, parents/carers and pupils in the following ways:

- Staff will be informed through staff meeting and staff induction programmes
- Parents will be informed through letters, website, newsletter and the school's welcome pack.
- Pupils will be informed in the D/T curriculum lessons and PSHE lessons.

We rely upon parental/ carer support in upholding this policy and will work alongside our pupils and their families to promote healthy eating for a healthy life style. We will continue to work within the school curriculum to educate and inform. It is important to work in partnership to educate the children about the long term effects of a diet which is not balanced.

Monitoring

Packed lunches will be regularly monitored by school staff.

If a child regularly brings a packed lunch that does not conform to the policy guidance, then the school will contact the parent to discuss this.

Signed: *Denise Duke* (Senior Family Support Worker)

Date: November 2020

Review date: October 2022

Appendix A

Dear Parent/Carer,

Following our Healthy Lunchbox Policy I wish to inform you that today your child's lunchbox was not deemed healthy due to:

Please refer to schools Health Lunchbox Policy which offers advice on how to ensure your child's lunchbox is healthy.
If you need further advice please contact Mrs Duke at school.

