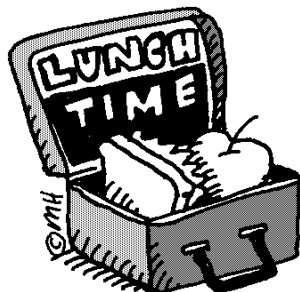


# **Lunch Box Policy**

## **Incorporating any other food brought from home**

*St Bernadette's Catholic Primary School*



### **Aim of the Policy**

The aim of the policy is to ensure that all food and drinks brought from home, consumed at school or on school trips provides pupils with healthy and nutritious food.

All food served in school between 8am and 6pm is governed by legislation. This includes breakfast clubs, tuck shops, packed lunches prepared by school catering staff, lunch time food and after school clubs. It is therefore important to have a comparable policy for food and drink brought from home.

It is intended to:

- Make a positive contribution to children's health
- Support the school's Healthy Schools status
- Encourage a happier and calmer school population
- Contribute to the self evaluation for review by OFSTED
- Promote consistency between food brought from home and food provided by the school

The policy applies to:

- All food brought from home to be consumed in school at lunch time or at other times during the school day including on a school trip.
- All staff eating food brought from home within school or on a school trip in the presence of pupils.

## **The school's responsibility**

The school will ensure that eating food from home is a sociable experience where staff will provide integrated and wrap around care. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh supply of drinking water at all times during the school day so that children can refill their water bottles up.
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures
- Staff will not take food off children but inform Senior Management if inappropriate food are in a child's lunch book, i.e. Sweets, bubble gum, chocolate bars, fizzy drinks



## **The school is not responsible for providing:**

- Fridge space. School requests that food from home is in insulated bags with freezer blocks or frozen drinks cartons to keep food cool, appetising and safe where possible.
- Plates, bowls and cutlery. School request that cutlery is included with food from home when required

## **Special diets and allergies**

- The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs.

- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. Nut allergy)

### **We would like all Lunch Boxes to include:**

- ✓ At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes)
- ✓ At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- ✓ Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus, and falafel)
- ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes)
- ✓ Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- ✓ Drinks should be plain water, flavoured water, fruit juice, milk drinks or smoothies



### **Aim to avoid:**

- × Snacks such as crisps (alternatives include savoury crackers, breadsticks, and seeds)
- × Confectionery such as, chocolate coated biscuits (alternatives include small cakes, shortbreads and flapjack or plain biscuits)
- × drinks with added sugar or sweeteners
- × Foods that are high in salt and fat

### **FOODS THAT ARE NOT ALLOWED IN SCHOOL:**

- × Fizzy drinks
- × Drinks in glass bottles or ring pull cans
- × Nuts of any kind
- × Sweets/chocolate bars e.g. smarties, dairy bars, milky ways, and chocolate eggs.

## **In implementing the Policy the school should aim to:**

- Inform parents, carers and pupils of the policy via letter, the school newsletter and the school website, including ideas for a healthy lunch box.
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating
- Ensure that all school staff including teaching, catering, lunchtime and the school nurse are informed of the policy and support its implementation
- Contact the parents and carers if a child regularly brings a lunch box which does not conform to the policy to discuss and find a way forward
- Discuss with parents and carers food from home that is regularly not eaten by their child.



## **Review and Evaluation**

- The policy should be reviewed annually by the Head teacher, Lunchtime assistants, teaching staff, parent group and the governing body
- This will include evaluation of teaching and learning activities, staff training and the monitoring of food choices

Signed: *Denise Duke*

Dated: *September 2018*

Review Date: *September 2020*