



# Orchard Fields Community School

## Lunchbox and Snack policy

### Introduction:

Recent data gathered by the Health Department in our school, has shown that we have a potential obesity issue for some of our children. Research also shows that there is a direct link between some foods/drinks and their additives and children's behaviour and progress at school. We therefore want to ensure that all packed lunches brought from home and eaten in our school, provide all children with healthy and nutritious food.

### Aims:

Our aim is:

- to ensure that all packed lunches 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.
- to 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
- to encourage all pupils to eat and drink as much of their morning snack or lunch as possible

### Break-time Snack:

#### Early Years/KS1:

- Children are provided with a piece of fresh fruit

#### KS2:

- Children can eat a piece of fresh fruit brought in from home
- Or, children can purchase a piece of fruit from the tuck-shop
- Fruit winders or Yoyo fruit products should be avoided

### Packed lunches may include:

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas and hummus.
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Water, still or sparkling, no added sugar squash, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice

#### Packed lunches should avoid:

The guidelines are:

- Snacks such as crisps should not be included
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

#### Drinks:

- During classroom sessions, children can have water only. The school will provide children with a bottle on their arrival to school.
- At lunchtime children can have the following drinks: Water, no added sugar squash, semi-skimmed or skimmed milk or yogurt.

#### Special Diets and allergies:

The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow standards to be met exactly e.g. a diabetic child may need to bring into school an emergency sweet snack. In these cases, parents/carers are responsible for ensuring that food from home is specific to the child's needs. Ideas and suggestions for healthy lunches can be found using the following website

(<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>).

Please note, due to a number of children with severe nut allergies, we request that no nut products be brought into school, in lunchboxes. This includes, Nutella, peanut butter, chocolate spread and selected cereal bars.

Date reviewed: June 2018

Next review: June 2019