



Rushall Primary School

Where every child sky rockets!

Healthy Lunchbox Policy September 2018

The aim of the policy:

To encourage healthy lifestyles and choices for all children in the school by ensuring that all food and drinks brought from home, consumed at school or on school trips provides pupils with healthy and nutritious food.

National guidance that the policy fits with:

This policy reflects the most recent government guidance, 'Childhood obesity: a plan for action- Chapter 2', HM Government, June 2018.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/718903/childhood-obesity-a-plan-for-action-chapter-2.pdf

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

The policy is intended to:

- Make a positive contribution to children's health
- Halt and reduce the rates of child obesity
- Support the school's Healthy Schools status
- Promote consistency between food brought from home and food provided by the school
- Encourage a happier and calmer school
- Contribute to the self- evaluation

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.

Facilities that school provides for those bringing a lunch box:

- The school will ensure that eating food from home is a sociable experience where good behaviour and consideration for others is maintained
- We will provide fresh drinking water at lunchtimes and throughout the day
- Staff supervising pupils eating food from home will adhere to all hygiene procedures.

For a healthy lunch we suggest:

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

- Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks or smoothies.

Aim to avoid foods high in empty calories:

- Snacks high in fat and salt such as crisps (alternatives include savoury crackers, plain popcorn, breadsticks and seeds such as sunflower seeds)
- Snacks high in fat and sugar such as chocolate bars, chocolate coated biscuits and sweets (If you include a sweet snack, base it on wholegrain cereals, fruit or dairy foods. Examples include malt loaf, fruit scones, flapjack, plain biscuits, custard pots.)
- Drinks with added sugar or sweeteners

Meat products such as cooked sausages, sausage rolls, chipolatas, processed tinned meats and individual meat pies are high in fat or salt. Lunch boxes should not regularly include these items.

What is not allowed in school:

- Fizzy drinks and drinks in glass bottles or ring pull cans
- Crisps, biscuits, nuts, sweets or chocolate at break and snack times
- For health and safety reasons we cannot allow children to bring thermos containers into school with warm/hot food, e.g. with soup or stew, etc.

Waste and disposal:

Waste containers will be provided for rubbish, but if parents request, children can take uneaten food home so that parents and carers are aware of what their child has/has not eaten.

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.
- Parents are required to provide information about food allergies and restrictions so that staff, including kitchen staff, are aware of these restrictions.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. nut allergy)

Implementation of the policy:

We will:

- Ensure that all school staff including teaching, catering and lunchtime staff are informed of the policy and support its implementation
- Train staff to support the implementation of the policy
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating
- Introduce a reward scheme to complement and support the policy
- Contact the parents and carers if a child regularly brings a lunch box which does not conform to the policy in order to discuss and find a way forward.

Promotion and sharing of the policy:

We will inform parents/carers and pupils of the policy via the school website, including ideas for a healthy lunch box.

Review of the policy:

- The policy should be reviewed annually by the Senior Leadership Team, Lunchtime Supervisors, teaching staff and the governing body.
- This will include evaluation of teaching and learning activities, work with our Pupil Leadership Team (Nutrition Team), staff training and the monitoring of food choices. The impact of healthy eating in school will be assessed by looking at feedback from teaching staff about the behaviour and concentration of children eating a packed lunch.