



Fingringhoe

Church of England (VA) Primary School

LUNCHBOX POLICY

Aim

Our aim is to ensure that all packed lunches brought from home and consumed in school provide the children with healthy and nutritious food and drink.

Objectives

- To ensure that we give consistent messages about food and health.
- To give our pupils and parents the information they need to make healthy choices.
- To promote health awareness.
- To encourage all children to take part in the '5 a day' campaign.

This policy applies to all children and parents providing packed lunches to be consumed within Fingringhoe School.

Food in packed lunches

- For children having a packed lunch at Fingringhoe School a lunch box will need to be provided and clearly labelled.
- The school will provide clean and appropriate dining room arrangements.
- Parents are advised that, in the event of hot weather, insulated lunch boxes/bags and freezer blocks should be used.
- Any food that is not consumed will be returned in the lunch boxes to enable parents to recognise what their child has/has not eaten.
- For health and safety reasons, children are not permitted to swap or share food items.

We would recommend Packed lunches should include:

- At least two portions of fruit and or vegetables e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, cherry tomatoes, mango cubes.
- Meat, fish or other source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, falafel
- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. cheese, yoghurt or fromage frais.
- A non-fizzy drink, preferably water, fruit juice or sugar free squash.

We suggest that children do not regularly have crisps or chocolate as part of their lunch. Alternative suggestions are as follows:

- Savoury crackers or breadsticks served with a dip
- Vegetables and fruit
- Cereal bar
- Dried fruit
- Sugar free jellies with fruit
- Scones (plain or with dried fruit)
- Fruit based cake e.g. carrot cake, gingerbread, banana loaf, date loaf, fruit loaf (or the same but in the form of a muffin).

At no time will a child be made to feel ashamed or uncomfortable about the contents of their lunch box.

High fat meat products such as sausage rolls, individual pies, corned meat, and sausages and high sugar / chocolate products such as a kit kat, caramel wafer should only be included occasionally.

Special diets and allergies

- We have a few children in school with nut allergies. Therefore, in the interests of health and safety, nuts or products containing nuts are not permitted and will be removed from children's lunchboxes. Thank you for your support with this.
- The school recognises that some pupils may have dietary requirements that may contravene the health standards stated in this policy. In these cases, parents are responsible for ensuring that packed lunches are as healthy as possible.
- For this reason, children are also not permitted to swap food items.

Dissemination of the policy

- The school will share this policy on the school's website.
- All governors and staff will be aware of/and adhere to this policy.
- This policy will be reviewed in April 2024 or earlier if required.