



Tockwith

CHURCH OF ENGLAND PRIMARY ACADEMY

Policy Number

16

Lunch Box Policy

Approved by: Local Governing Body **Date:** 7 February 2023

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Lunch Box Policy

Introduction

To grow, stay healthy and concentrate at school, children need to eat a nutritionally well balanced diet. Eating a range of healthy foods can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much sugar, fat and salt and too little fibre, fruit and vegetables. Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

Our Aims

1. To ensure that packed lunches (brought in from home) reflect the standards for school meals.
2. To ensure that packed lunches provide children with the energy and fuel to concentrate and flourish at school.
3. To help children develop an understanding of healthy eating.

Rationale

All food provided at school is governed by law, through the School Food Standards. These government standards are intended to help children develop healthy eating habits and ensure the energy and nutrition they need across the day. The standards apply to all food and drinks provided at school such as breakfast clubs, school dinners and afterschool clubs. It is therefore important to have comparable policy guidance for packed lunches brought in from home. Based on the government's School Food Standards, packed lunches brought in from home should follow the policy guidance.

By introducing our lunch box policy, this is the school's way of taking responsibility for improving children's health, such as increasing the number of children of a healthy weight and decreasing the number of children with tooth decay. The positive consequences from introducing this policy should also ensure high attendance levels for all pupils, through good health.

Responsibilities

The school, governors, parents and carers have a responsibility to ensure children are provided with an enjoyable, filling and healthy lunch.

Our school will:

- Educate all children on what constitutes a healthy lifestyle and why this is important.
- Provide suitable storage for packed lunch boxes.
- Provide a dining environment that is appropriate, hygienic and attractive with adequate seating and space to eat.
- Provide fresh drinking water at all times.
- Ensure staff supervising pupils eating food from home are aware of school policy and hygiene procedures.
- Regularly communicate with parents/carers and staff the expectations on the school lunch box policy.

Parents/Carers are asked to:

- Follow the schools lunch box policy, please see below
- Notify the school of any allergies or special diets

Tockwith Church of England Primary Academy lunch box policy

Things that are recommended for a healthy lunch box:

- Base a packed lunch around a starchy food – such as a sandwich, pasta, a roll, wrap, pitta or bagel.
- Include at least one portion of vegetables or salad. A child's portion is between 40-60 grams. For example cucumber or carrot sticks or 2 ½ cups of salad(remember to aim for 5 portions of fruit and vegetables throughout the day)
- Include at least one portion of fruit. For example, an apple, banana, 10-15 grapes or strawberries or one tablespoon of raisins.
- Include a dairy food such as milk, cheese, yoghurt, or fromage frais
- Include a source of protein such as meat, fish, chicken or non-dairy vegetarian sources such as eggs, beans, lentils or quorn, products

Helpful tip: a portion is the amount of food that fits into the palm of your child's hand.

Suitable Drinks:

- Plain water (still)
- Milk
- Pure fruit or vegetable juice
- No added sugar squash (at least 45% fruit recommended)
- Smoothies

At Tockwith Church of England Primary Academy we would like our pupil's to have healthy, balanced lunch boxes so we ask that you avoid;

- Snack sized chocolate coated biscuits apart from as an occasional treat: instead swap to sugar free jelly, plain popcorn, malt loaf or fruit cake on other days of the week.
- Items such as cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies as these are high in fats and salts.
- Crisps apart from as an occasional treat: swap crisps for savoury crackers, breadsticks, and seeds on other days on the week.

Packed lunches should **not** include:

- Leftovers from the previous day's take-away/hot food (due to health and safety guidelines).
- Fizzy drinks, drinks with added sugar or sweeteners.
- Confectionary (sweets or bars of chocolate) (this is in line with the School Food Standards)
- No nuts, or food that contains nuts (this is to protect children with nut allergies).

Special diets and allergies

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.

Fussy eating is common in young children. Sometimes it might be certain types of food; other times it might seem like they hardly want to eat at all. This can feel like a real challenge, but most children given the right conditions and support, will get through it in the end. The school will not force any children to eat, instead we will try to create an environment where the child feels comfortable with what they are

eating before encouraging them to try different foods/eat more. Please contact school if you would like to discuss your child's needs.

Communication

We want to work with parents/carers to help educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. We have the best interests of the children at heart.

There will be ongoing promotion of the need to provide healthy packed lunches through:

- Parent / carer newsletters
- Curriculum content
- Health weeks / healthy eating activities
- Parents evenings / parent consultations
- School Council

Monitoring

At no time will a child be made to feel ashamed of their lunchbox contents. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. Children will not be challenged over the contents of their lunch boxes. While eating we will monitor the children to ensure items from their lunch box are not thrown away so that parents/carers can monitor what is being eaten.

Universal Free School Meal

All infant age pupils (Reception/Years 1 and 2) are entitled to receive a free school meal.

Your child, regardless of age will qualify for free school meals if they're in full-time education and you receive one of the following benefits:

- Income support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- The guarantee element of state pension credit
- Child Tax Credit, provided you are also not entitled to Working Tax Credit and have an annual household gross income that does not exceed £16,190 (as assessed by HMRC)
- Support under Part 1V of the Immigration and Asylum Act 1999
- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- A run-on of Working Tax Credit – [aid for 4 weeks after you stop qualifying for Working Tax Credit

To apply for free school meals either call into the school office to pick up a form to complete or apply using the link below:

https://fisportal.northyorks.gov.uk/Synergy/fsm_prereq.aspx

For more information please see the Government website.

<https://www.gov.uk/apply-free-school-meals>