

Gillespie Primary School



**Lunchbox Policy
September 2021**

The aim of the policy:

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

National guidance:

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
- Support the school's Healthy Schools status
- Encourage a happier and calmer school population
- 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 or at a sporting event or competition
- All staff eating food brought from home within school or on a school trip in the presence of pupils

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
- Staff supervising pupils eating food from home are aware of the school policy and hygiene procedures

Healthy lunch boxes can include:

- A portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) included each day
- A portion of vegetables (e.g. carrot sticks, cucumber, celery) 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) 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 every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) included each day. Bread should NOT be seeded.
- Dairy food such as milk, cheese, or yoghurt
- Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

Treats

School meals are also required to be healthy. On a couple of days per week children are offered a sweet pudding including cake and custard. On these days children with a packed lunch can bring in a sweet pudding including a small cake, pot of custard or biscuit. These must not contain nuts or sweets.

What is not allowed in school:

- Nuts or anything containing nuts
- Seeds
- Fizzy drinks and drinks in glass bottles or ring pull cans
- Chocolate or sweets
- Crisps

Waste and disposal:

- Waste containers will be provided for rubbish, but children will 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.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction for children with food allergies

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
- 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.

We will share ideas for a healthy packed lunch using resources such as:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Promotion and sharing of the policy:

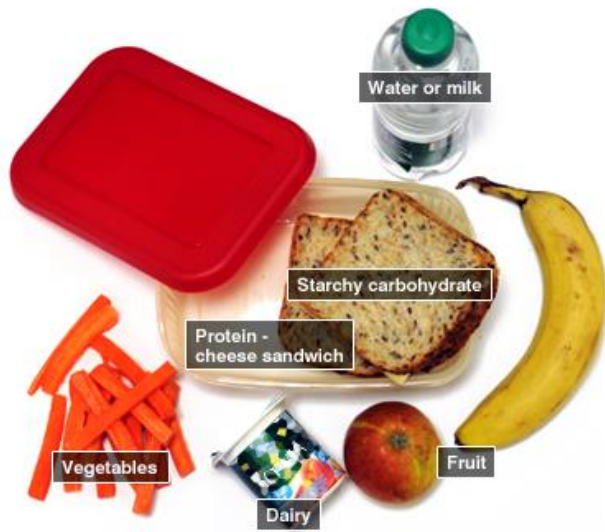
We will inform parents and carers and pupils of the policy the school newsletter and the school website.

Review of the policy:

The policy should be reviewed in September 2024

"Healthy"

A healthy packed lunch should include



"Unhealthy"

A packed lunch should avoid



Source: Food Standards Agency