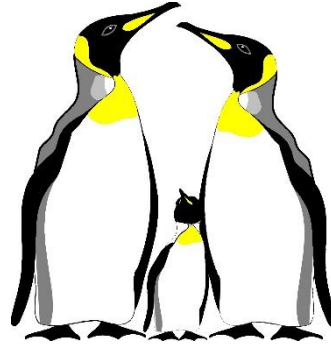


Healthy Lunchbox Policy



A Joint Policy

Produced by

The Collaborative School Council.

Implemented September 2016



This policy has been formulated by our Collaborative School Council in accordance with Healthy Schools packed lunch guidelines.

The aim of this policy

To ensure that all packed lunches provided from home and consumed within school or on school trips provide the child with a healthy, nutritious and balanced diet.

Packed lunches **should** include:

- One portion of fruit AND one portion of veg or salad every day.
- Meat, fish or another source of non-dairy protein every day, this could include lentils, chick-peas or hummus.
- Oily fish (e.g Salmon) once every 3 weeks.
- A starchy food every day, for example bread, pasta, noodles or potatoes.
- A dairy food every day, e.g cheese, yoghurt or plain fresh milk (not flavoured).
- Crisps may be included in packed lunches in moderation – NOT DAILY. Baked versions are preferred or savoury crackers.

Packed lunches should **NOT** include:

- Chocolate or sweets of any kind.
- Biscuits.
- Snack foods e.g cereal bars.
- Fizzy drinks.

Water

We have fresh water available and accessible for all pupils throughout the school day. We actively encourage all of our pupils to use this facility at lunch times.

All of our schools follow a strict No Nuts Policy.

We are aware that some pupils may have medical and/or religious dietary regulations which may require some deviation from our recommended guide. In these cases the relevant staff should be informed and we would ask that the lunch boxes provided contain a suitable healthy alternative.

For these reasons **it is not permitted for any child to swap or share food items.**

We rely upon parental/ carer support in upholding this policy and will work alongside our pupils and their families to promote healthy eating for a healthy life style. We will continue to work within the school curriculum to educate and inform. It is important to work in partnership to educate the children about the long term effects of a diet which is not balanced.