

Cookridge Primary School Healthy Lunchbox and Snack Policy



**Review - May 2021 or earlier if changes in
government legislation/guidance**

***The Healthy Lunchbox and Snack Policy will be
Published on the school website.***

'Together We Achieve the Extraordinary'



Cookridge Primary School

Healthy Lunchbox and Snack Policy

‘Together We Achieve the Extraordinary’

At Cookridge Primary School, we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

Aims

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation.

Guidelines

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day

The recommended contents of a healthy lunch box are:

- ✓ Minimum of one portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- ✓ Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, and falafel
- ✓ An oily fish, such as salmon, should be included at least once every three weeks
- ✓ A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- ✓ A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- ✓ Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- ✓ Meat products such as sausage rolls, individual pies corned meat and sausages/ chipolatas should be included only occasionally



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Special Diets / Allergies

The school recognises that some pupils may have verified medical conditions requiring special diets, which may impact on diet. In this case, parents/carers are urged to contact the school SENCo - MrsHoyle to discuss dietary requirements. For these reasons pupils are

- ✗ not permitted to swap food items.
- ✗ not permitted to bring nuts and nut products in packed lunchboxes.
- ✗

Packed lunches should not include:

- ✗ Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- ✗ Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- ✗ Fizzy drinks.

Monitoring and evaluation

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. On a daily basis whilst supervising in the dining hall the senior leadership team monitor what children have in their lunchboxes, This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, if lunchbox contents regularly fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

Healthy Snacks

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme.

As children move up into KS2, if they wish to have a break time snack, they are currently required to bring in something from home. No chocolate or sweets should be sent to school.

Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.