



## **Stoke Park Primary School Packed Lunch and Snack Policy.**

This policy was formulated through consultation between members of staff, governors, parents/carers and pupils.

### **Rationale**

We want all children at Stoke Park Primary to live healthy and active lives. Recent research from the School Food Trust has found that children who eat healthily have better levels of concentration and behaviour and perform better academically. Additionally children who eat well and exercise regularly go on to live healthier lives as adults.

All food provided at school is governed by legislation, through the School Food Standards. These government standards are intended to help children develop healthy eating habits and ensure they get the energy and nutrition they need across the day.

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 following policy guidance.

### **Packed lunches should include;**

- At least one portion of fruit and one portion of vegetables e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, mango cubes.
- Meat, fish or other source of non-dairy protein e.g. chicken, turkey, Quorn, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, falafel). This is usually a sandwich filling.
- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, yoghurt or fromage frais.
- Drink – Water, milk (no milkshakes) or a small fruit juice only. No squash or fizzy drinks as they are a leading contributor to tooth decay in children.

Confectionary items (chocolate, chocolate biscuits, cakes, crisps) should be limited and only given occasionally. There should be no more than one confectionary item in a lunch box on that day. Healthier alternatives would be malt loaf, fruit loaf, sugar free cake or plain biscuits.

**There are some great packed lunch ideas kids will love on the Change 4 Life website:**

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

## **Nuts**

Any nut products or products containing nuts should not be brought in to school. Please see our Nut policy for more information.

## **Snacks**

Children in EYFS and KS1 receive a free piece of fruit or veg each day for their mid-morning snack. KS2 can bring in one snack from home to eat at morning breaktime. This should be a piece of fruit or veg. Snacks should be provided as a separate item to their packed lunch box.

## **Drinks**

All children are invited to bring in a water bottle to school and will have the option to fill it up with cold, filtered water. Children can add fresh fruit to their water for flavour (i.e – lemon). **Squash and fizzy drinks should not be brought in to school.**

## **Pupils with Special Diets**

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. Exceptions may be made for children with specific special educational needs or dietary requirements.

## **Monitoring of lunchboxes**

Primarily it is the parents' responsibility to monitor what their children have in their lunchboxes. Packed lunches will also be monitored by teaching staff and lunchtime supervisors. This is a great opportunity for them to talk with the children about their food and encourage healthy eating and drinking. We may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children, but we want to work with parents to educate the children about healthy dietary choices so that they can make their own informed choices independently when they are older.