

Alkrington Primary School

PACKED LUNCH & BREAK TIME SNACK POLICY

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.* **RATIONALE

As a school, we have always prided ourselves in providing the best education for our children and we extend this ethos by promoting healthy eating patterns to our children at school. We believe that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Pupils are normally expected to eat the lunch provided by the school however, we recognise that some parents prefer to provide their children with a lunch that is made from home. Parents of pupils wishing to have packed lunches are expected to provide their children with a lunch which reflects a balanced healthy meal. In turn, the school will keep the parents updated about the nutritional meals that are provided for by the school.

PURPOSE

1. To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupils with healthy and nutritious food that is similar to food served in school;
2. To encourage good behaviour and social interaction during meal time;
3. To provide a clean, sociable environment, indoors and out, for children to eat their lunch;
4. To ensure the school curriculum promotes healthy eating and balanced diets;
5. To ensure that, wherever possible, the needs of any pupils with special dietary requirements are catered for.

BROAD GUIDELINES

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the 'packed lunch policy'.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- We recognise that some pupils may require special diets that do not allow for these standards to be met exactly. In this case, parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.
- Packed lunches will be regularly reviewed by teaching, catering and midday staff. Should a child have an item of food that is not permitted, a slip will be completed and sent home in the child's lunchbox (appendix 1)

Packed lunches should include:

- *at least one portion of fruit or one portion of vegetables every day*
- *meat, fish or another source of non-dairy protein every day*
- *a starchy food such as any type of bread, pasta, couscous, cold rice, noodles, potatoes or another type of cereals every day*
- *dairy food such as cheese, yoghurt, or fromage frais every day (not mousse)*
- *crackers or breadsticks served with fruit, vegetables or dairy food*

*** Crisps, cakes and biscuits are allowed but these should form part of a balanced meal. The only chocolate-covered biscuits allowed are KitKat, Taxi, Club or Penguin (or other wafer-based biscuits).*

Packed lunches should not include:

- *bars of chocolate or sweets*
- *warm rice*
- *any type of drink other than fruit juice diluted with water, sugar free cordial, sparkling water flavoured with sugar free cordial., the school provides fresh drinking water to all pupils*
- *Peanuts (due to children who have a peanut allergy)*

Guidelines for a healthy snack (break times)

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable scheme.

As children move up into KS2, if they wish to have a break time snack, they can bring in something from home. Below are guidelines from the NHS and Change4life on healthy snacks. We ask for your support to help us adhere to these guidelines.

Healthier Break Time Snacks

- Chopped up raw vegetables– e.g. carrots, cucumber or peppers
- Chopped up fruit/Whole fruit – e.g. apple, Satsuma, strawberries, halved grapes, melon slices
- Breadsticks and wholemeal crackers
- Malt loaf, tea cakes, fruit breads and yoghurts (tubes)

CONCLUSION

The implementation of this policy will ensure that the school promotes healthy eating and enables them to meet the nutritional requirements as stipulated in the standards of the Healthy School Award.

Policy written March 2024

APPENDIX 1

RE: Packed lunch

Date:

Dear Parent / Carer

Today we noticed that your child had an item of food in their packed lunch that they are not allowed because it breaches our policy for Packed Lunches and Healthy Eating, they have been asked to save it until they get home. Our Packed Lunch policy is on the website for you to see. Please phone the main office if you would like to discuss this further.

Yours Sincerely

Mr Nott
Head teacher

.....
RE: Packed lunch

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