



Mottram C.E. Primary School

Healthy Lunchbox and Snack Policy

Aims:

To ensure all packed lunches, brought from home to be consumed in school (or on trips), provide the pupil with healthy, balanced and nutritious food.

Rationale:

- To have a positive impact on children's health and wellbeing.
- To encourage happier and calmer children.
- To promote consistency between packed lunches and the food provided by school.
- To help children develop an understanding of healthy eating by promoting the School Food Trust guidelines and national standards for healthier eating.
- To support the parents and carers in providing a healthy packed lunch.

National Guidance

The UK government has produced packed lunch guidance to support the implementation of new food standards for school lunches and ensure that all children benefit from eating quality food during the day. This policy has been drawn up using a range of documents which include, Children's Food Trust, School Food in England and Nutritional Standards.

Where, when and to whom the policy applies:

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches:

- 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 appropriate dining arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards shown below.
- Pupils are advised to bring packed lunches in insulated bags where possible to stop food going off in summer.



Packed lunch should include:

- At least one portion of fruit and one portion of vegetable every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, chickpeas, houmous and falafel) every 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.
- Dairy food such as milk, cheese, yogurt, fromage frais or custard every day.

Ideas of what to include:

The ideas below are recommendations by the British Nutrition Foundation:

Drinks

- Carton of semi-skimmed milk
- Bottle of water
- Juice (no added sugar)

Dairy

- Low fat fruit yoghurt
- Fruit fromage frais

Fruit & Vegetables

- Banana
- Handful of raisins
- Cherry tomatoes
- Carrot sticks
- Sticks of sweet pepper
- Handful of grapes and strawberries
- Peach or nectarine
- Small tub of fruit cocktail in juice
- Banana smoothie (banana, low fat yoghurt and orange juice)
- Cucumber and carrot sticks

Other

- Slice of banana bread
- Tortilla wrap and grilled chicken, lettuce and red pepper slices (with reduced calorie mayonnaise)
- Rice, bean and ham salad (boiled rice, kidney beans, green beans and chopped ham) with a little olive oil and lemon juice
- Couscous salad with grilled chicken, chopped peppers and sultanas
- Tuna and pasta salad with tinned tuna, chopped peppers and a little olive oil and lemon
- Granary roll with tinned salmon, lettuce and cucumber (reduced calorie mayonnaise)
- Pasta and salmon salad (boiled pasta, tinned or grilled salmon and chopped cucumber) with reduced calorie mayonnaise
- Tortilla wrap with mixed beans, grated cheese, lettuce and a little soured cream or reduced fat crème fraiche
- Boneless chicken



- Potato salad with reduced calorie dressing (homemade or bought)

Packed lunches should not include:

- Meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.

Packed lunches MUST NOT include

- **Nuts** - including peanut butter and Nutella – because of the life threatening risk to any other child who may have a severe allergy.
- Confectionary such as chocolate bars and sweets (fruit strings are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Drinks other than water – fresh water is available at all times, so you do not need to include this.
- Snacks such as crisps or cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks serviced with fruit, vegetables or dairy food are also a good choice.

Special Diets and allergies

The school is aware of food allergies and has a procedure in place to manage food allergies and other special dietary requirements within school.

Visit www.anaphylaxis.org.uk/schools/help-for-schools/ for information on managing allergies in schools.

Awareness of allergies, visit <https://www.allergyuk.org/living-with-an-allergy/at-school/> for accurate, reliable information on managing allergies in schools.

Monitoring and Review

Staff in school can see on a daily basis what children have in their lunchboxes whilst they are supervising the hall. This also brings an opportunity to chat to the children about their lunchboxes and encourage healthy eating and drinking. If a lunchbox does regularly fall below the expectations in this policy, school will inform parents/carers and refer them to the ideas illustrated in this policy and the healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater understanding and appreciation of a healthy lifestyle.