

# Healthy Lunch & Snack Policy

**Name of School:**

## 1. Policy Statement

Healthy eating is central to ensuring optimum physical and mental health and poor diet quality is contributing to the increase in childhood obesity, physical and mental ill-health, and tooth decay. In addition, there is an increasing weight of evidence that indicates health directly affects school performance and educational outcomes. The school is committed to the health and wellbeing of the children in our care and our recommendation for all children is that they are provided with nutritious food every day and are provided with a positive nutritional environment in which to learn.

## 2. Aims

- i. To ensure that all packed lunches (consumed in school or on school trips) and school lunches provide students with healthy, nutritious food that is at least in accordance with the School Food Standards.
- ii. To support the wider provisions of the Whole School Food Policy, of which this is a part.

## 3. Objectives

- i. To promote consistency between packed lunches and food provided by schools.
- ii. To reduce consumption of free sugars.
- iii. To make a positive contribution to children's health, reducing risk of obesity, illness, and tooth decay.
- iv. To encourage a happier and calmer population of children and young people.
- v. To make clear what food and food products are appropriate and inappropriate for school consumption.

## 4. Implementation

- i. This policy applies to all students and staff for all food brought into school, for eating within school or on school trips.
- ii. It has been produced after consultation with children, staff, parents, and governors.

## 5. The Policy

### a. Lunches

- i. The school will provide appropriate and attractive facilities for students eating both school and packed lunches and ensure that free and fresh drinking water is available at all times.
- ii. The school will work with parents to encourage packed lunches and snacks to meet the standards as indicated below.
- iii. As fridge space is not available, students are advised to bring packed lunches in insulated bags with ice blocks where possible.
- iv. Wherever possible, the school will enable students eating packed lunches and pupils eating school lunches to sit together.

**b. Packed lunch contents**

- i. At least one portion of fruit and one portion of vegetables every day.
- ii. Meat, fish, eggs, or a non-animal protein source (e.g. lentils, beans, chickpeas, hummus, and falafel) every day.
- iii. Oily fish such as salmon or mackerel at least once every 3 weeks, ideally once a week.
- iv. A starchy food such as wholegrain bread, rolls, pittas, and wraps, wholegrain pasta, rice, couscous or potatoes every day.
- v. A dairy food such as milk, cheese, or natural yoghurt every day.
- vi. A drink of water or milk every day.

**c. Restricted lunch items**

- i. Pastry items such as sausage rolls and pies no more than once a week.
- ii. Meat or poultry products (e.g. salami, sausage etc., bought or homemade) no more than once a week.
- iii. A non-confectionery (no sweets or chocolate) dessert item can be given as part of lunch.
- iv. Crisps are permitted once a week in lunchboxes in line with the weekly appearance of chips on the school menu on a **[Friday]**.

**d. Prohibited lunch items**

- i. No crisps or 'baked' crisp snacks.
- ii. No confectionery such as chocolate bars, chocolate coated biscuits, cereal bars, fruit bars, and sweets.
- iii. No sugary soft drinks such as squash, fizzy drinks, sports drinks, flavoured water, smoothies or milkshakes, even if labelled as 'sugar-free', 'no added sugar', or 'reduced sugar'.

**e. Snacks**

- i. Vegetables, fruit, nuts and seeds are encouraged for snacks. **\*Please make sure this is in accordance with any nut/allergy policies in place\***

**f. Prohibited snack items**

- i. Snacks should not be crisps, crackers, breadsticks, confectionery, flavoured yoghurts, chocolate coated products, cakes and biscuits, cereal bars, or fruit bars.

**6. Special diets and allergies:**

- i. The school is aware of food allergies and special diets and has a clear procedure in place to manage them in school.
- ii. More information is available from the following:

<https://www.allergyuk.org/information-and-advice/for-schools>

<https://www.food.gov.uk/business-guidance/allergen-information-for-different-business-types>

<https://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3>

**7. Involvement of parents/carers**

- i. Parents of pupils wishing to have packed lunches or bring snacks are expected to provide their children with packed lunches which are in line with this policy.
- ii. Parents will be notified of changes to food and nutrition in school via letters home, parents evening, the school website, and school newsletters.
- iii. Parents are invited to share any issues, views, or suggestions with **[name of staff and contact details]**.

**8. Assessment, evaluation, and review**

- i. Packed lunches will be regularly reviewed by teaching staff/lunchtime supervisors.
- ii. Healthy lunches will be rewarded through **[praise, stickers, certificates, congratulatory letters home etc.]**.
- iii. Where packed lunches aren't in line with the Healthy Lunch and Snack Policy, leaflets will be included in the packed lunch to go home. If a child regularly brings packed lunches or snacks that do not conform to the policy then the school will contact the parents to discuss this and arrange a meeting if required.

**9. Linked policies**

**[List here any school policies that are relevant to promoting healthier eating/healthy lifestyles e.g. Whole School Food Policy, Healthy School Policy, Stay on Site Policy etc.]**

## 10. Sharing the policy

- i. The school will ensure that all parents/carers are aware of the policy by sharing information via the [school newsletter, website, prospectus, assemblies, letters home etc.].
- ii. The school will use opportunities such as [parent's evenings, healthy living week etc.] to promote and emphasise this policy as part of a whole school approach to healthy eating and health and wellbeing.
- iii. The policy will be shared with all school staff, including teaching and catering staff.
- iv. Please contact [lead staff member name/head teacher] to discuss any queries relating to this policy.

**Date of implementation:**

**Date for review:**

**Signed:**

TEMPLATE