



## St. George's C.E. Primary School

### Healthy Eating, Snacks and Lunch Box Policy

#### **The Overall aim of this policy**

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food in line with food served in schools, which is now regulated by national standards.

#### **Our School**

St. George's C.E. Primary School recognises that our children come from diverse backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We urge parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they **have eaten**.

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school, parents are advised to send in packed lunches in a cool bag or food that does not require refrigeration.

#### **Water**

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day. These can be kept at school and should be filled and emptied each day. This will allow children to have access to fresh drinking water throughout each day.

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.

#### **Packed lunches may include:**

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles, cous cous
- Dairy food such as cheese, yogurt, fromage frais

- A smoothie or yogurt drink
- A bottle of water
- A biscuit not coated in chocolate
- Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, etc.
- Eating utensils if necessary

**Packed lunches should avoid:**

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies which should only be included occasionally.
- Fizzy drinks.

**Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Children are not allowed to share food items for this same reason.**

Mid – Morning Break

**Early Years/KS1**

- Fruit – Each child in Key Stage 1 is offered a piece of fruit each day
- Water (Milk is also available at a weekly cost to parents & free upon request to families in receipt of Free School Meals)

**KS2**

- Fruit
  - Seeds
  - Water
- }  
} These should be brought in by the children  
} on a daily basis

**Please note that chocolate, sweets, cereal bars or fruit bars should NOT be sent to school as they are high in sugar.**

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, 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 and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. Children are encouraged to take home their lunch waste in their lunch box in order for you to see what they have consumed.

**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.**

**We have the best interests of all the children at heart.**