



The Coppice Primary School Healthy Lunchbox and Breaktime Snack Policy

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The Coppice Primary School

Healthy Lunchbox Policy

1. School vision

“Happy, confident and successful learners that are well prepared for life”

2. Purpose of the policy:

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

Childhood is an important time to establish good eating habits for future health. School healthy eating education gives pupils the knowledge and opportunity to make healthier choices. Therefore, it is a school's job to educate its children in eating a balanced, healthy diet and we have a responsibility to ensure that our children are eating as healthily as possible when on the school grounds and avoid eating or drinking items that contain unnecessary sugar and salt.

2.1 This document is intended for:

- All teaching and school management staff
- All Teaching Assistants and pupil support staff
- School Trustees
- Parents
- Inspection teams

2.2 Aims and objectives of the policy:

- To ensure that the school makes a positive contribution to children's overall health.
- To promote consistency between packed lunches and food provided by schools, which, from September 2006, has to adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information.
- To provide support and clarity to parents when they are deciding what food items to send into school.

3. Where, when and to whom the policy applies:

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

4. Packed lunches:

The school will work with parents to ensure that packed lunches and breaktime snacks abide by the national standards set by the government.

- The school will provide appropriate dining room facilities where pupils can eat their packed lunches.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Fridge space for packed lunches is not available so during particularly hot weather, it is advisable to bring packed lunches in insulated bags with freezer blocks, to stop the food going off.
- The school will ensure that packed lunch pupils and school dinner pupils are able to eat together in the school hall.

5.1 It is recommended that packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter 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, noodle, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

5.2 It is recommended that packed lunches should only include the following items in moderation and as part of a balanced diet:

- Snacks such as crisps. Instead, where possible, try to include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets, other cakes and biscuits.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only once a week.

6. The Coppice Primary School healthy break time snack guide for parents:

A healthy snack at break time can help pupils with both concentration and behaviour in the classroom. Suitable drinks and snacks help to prevent tooth decay and reduce salt intake and helps children meet the healthy target of five or more portions of fruit and vegetables a day.

6.1 What drinks are included in the healthy break time snacks that children bring to school for snack time or break times?

It is important that children drink enough during the day so that they don't become dehydrated and tired. Due to this, we make sure that water is freely available throughout the school day, both at break time and lunch time. Without doubt, water and milk are the most suitable drinks for children.

This is why we allow children to bring re-fillable water bottles to school and also why milk is provided for children in Early Years.

Drinks that are allowed during the school day are:

- Water: tap water or unflavoured, still bottled water

- Milk (unflavoured) in Early Years

Not allowed:

- Fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks and also those that are labelled 'no added sugar', 'diet' or 'zero'. All of this list usually contain added sugar or additives.

6.2 What food included in the healthy break time snacks that children bring to school for snack time or break times?

Help your child to get their 'five a day' by including some fruit or vegetables as a snack for their morning break or snack time.

Snacks that are allowed during the school day are:

- All fresh fruit and vegetables including pots/bags of fruit and vegetables
- Raisins/sultanas (but not coated raisins)
- Dried fruit flakes

Not allowed:

- Fruit in syrup, processed fruit or fruit winders. These are often high in sugar and are therefore not suitable as between-meal snacks.

Bread-based snacks:

Children need more or less energy (calories) depending on their age and stage of development. Some bread-based snacks can therefore help to meet these extra energy needs and help your child feel more satisfied.

Bread-based snacks that are allowed during the school day are:

- Plain bread sticks
- Unsalted rice cakes

Not allowed:

- Cereal bars or sweetened breads and pastries, pancakes, scones, fruit bread and croissants as these contain a lot of sugar and or fat/salt.

7.Special diets and allergies:

To protect some of our children, who have nut allergies, we do not allow nuts as snacks under any circumstances.

For allergy advice, we recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets that do not allow for the 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.

If your child has a health professional written special diet that means that they can't meet the above guidance exactly, we encourage parents and carers to provide us with the necessary documentation.

8. Assessment, evaluation and reviewing:

Packed lunches will be regularly monitored by lunchtime supervisors and class teachers. Parents and pupils who make no attempt to adhere to the Packed Lunch and Breaktime Snack Policy will be directed to this policy (available on the school website). If a child regularly brings a packed lunch that flouts the policy then the school will contact the parents to discuss this. Please note: Pupils with special diets due to health issues will be given due consideration.

The Government supports schools with lunchbox policies, making it clear that schools have the right to inspect lunch boxes for food items that are prohibited under their school food policy (see <http://www.schoolfoodplan.com/actions/school-food-standards/> for more information that underpins this policy), and a member of staff may confiscate, keep or destroy such items found.

9. Involvement of parents/carers:

Pupils are able to eat a lunch provided by the school and cooked on the school premises. However parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which conform to the school packed lunch policy.

10. Data Protection Statement:

The procedures and practice created by this policy have been reviewed in the light of our GDPR Data

Protection Policy.

All data will be handled in accordance with the school's GDPR Data Protection Policy.

Name of policy	Content	Reason for policy	Who does it relate to?	Where is it stored?
Healthy Lunchbox Policy	Guidelines for healthy packed lunches	To improve healthy eating	Pupils & Parents	Secure Network drive

As such, our assessment is that this policy:

Has Few / No Data Compliance Requirements	Has A Moderate Level of Data Compliance Requirements	Has a High Level Of Data Compliance Requirements
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