



The Coppice Primary School Healthy Lunchbox Policy

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The Coppice Primary School

Healthy Lunchbox Policy

Overall Aim 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.

Why the policy was formulated:

- To make a positive contribution to children's health and The Coppice Healthy Schools principles.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools, which, from September 2006, had to adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information.
- To contribute to the self evaluation for review by Ofsted.

Where, when and to whom the policy applies:

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

Food and drink in packed lunch:

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

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.

It is recommended that packed lunches should not include:

- Snacks such as crisps. Instead 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. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only once a week.

Special diets and allergies

Be aware of nut allergies. 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.

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 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.

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.

June 2018

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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