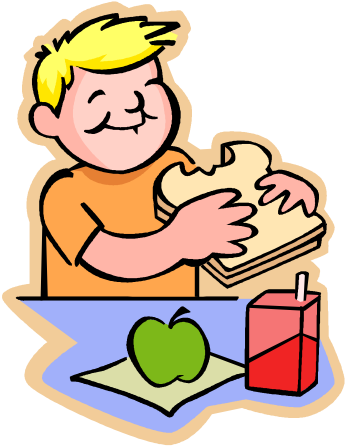


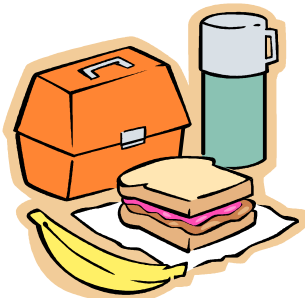
Packed lunches should include:



- ***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, chick peas, hummus)***

every day.

- ***A starchy food e.g. bread, pasta, rice, couscous, noodles or other type of cereals e.g. pitta bread, tortilla wraps, rice cakes, oat cakes every day.***
- ***Dairy food e.g. cheese, yoghurt, fromage frais every day.***
- ***A carton of fruit juice (unsweetened)/water bottle, semi or skimmed milk, a smoothie or a yoghurt drink every day.***



Packed lunches should avoid:

- Crisps or other snacks (Quavers, Skips, etc) but instead seeds, savoury crackers, breadsticks, etc.
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are fine as part of a **balanced** meal.
- Processed meat products such as sausage rolls, pies, corned meat and sausages should be included occasionally.
- The half eaten remains of the previous day's left overs.
- Packaged foods which the children find difficult to open, e.g. Yoghurt tubes, whole oranges.
- **Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Children are also not allowed to swap food items because of allergy risks.**

St Lawrence School



Lunchbox Policy

Why do we need a lunchbox Policy?

Recent data gathered by the Health Department in our school, has been very positive and indicates that the condition of our children's teeth is amongst the best in Jersey. This data does however show that we have a potential obesity issue for some of our children. Research also shows that there is a direct link between some foods/drinks and their additives and children's behaviour and progress at school.

We therefore want to ensure that all packed lunches brought from home and eaten in our school, provide all children with healthy and nutritious food.

What have we agreed about Lunchbox food?

The school will ensure that eating food from home is a sociable experience where staff will provide integrated and wrap around care.

- We will provide a safe, healthy and appealing eating environment for pupils bringing in packed lunch and ensure that fresh drinking water is available at all times.
- Use all opportunities to promote this policy as part of a whole school approach to healthy eating.
- We will work with parents/carers to try to ensure that packed lunches abide by the standards below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks, or a frozen drinks carton, to keep food fresh.
- All staff supervising pupils eating food from home are aware of school policy and hygiene procedures.
- Food that is not eaten will go home in the lunchbox, so that parents/carers can monitor what their child is actually eating each day.

Special Diets and allergies.

The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow standards to be met exactly e.g. a diabetic child may need to bring into school an emergency sweet snack. In these cases, parents/carers are responsible for ensuring that food from home is specific to the child's needs.

Please contact school if you have any concerns.