



## 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.
- 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 child with diabetes 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. Children are not allowed to swap food items because of allergy risks. Please contact school if you have any concerns.

### 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) 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. Please remove the red wax cover from Babybel as this is difficult to clean off the table and floor.
- A water bottle or a carton of fruit juice (unsweetened). The lunchtime water bottle needs to be in addition to the one kept in class, semi or skimmed milk, a smoothie or a yoghurt drink.



# St. Lawrence Primary School



## Lunchbox Policy

### Packed lunches should avoid:

- Crisps or other snacks (Quavers, Skips, etc) should be kept to a minimum but instead, 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.
- Packaged foods which the children find difficult to open, e.g. Yoghurt tubes, whole oranges, drinks with paper straws.
- Nuts / nut products and seeds (e.g. peanut butter, Nutella, Hummus with Sesame in etc) should never be sent to school because of allergy concerns.

### CHANGE HISTORY

Version	Date Issued	Issued by	Reason for Change	Presented To (initials to agree policy has been read and understood)	Approved by:	Date
0.1	20.9.22	AC	clarification	Lunch supervisors	HB	20.9.22
0.2	5.9.23	AC	Nut and seed allergies joining school	All staff	HB	5.9.23
0.3						