

Hunter's Bar Infant School



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LUNCH BOX POLICY

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Incorporating other food brought from home

Aim of the Policy

The aim of the policy is to ensure that all food and drinks brought from home, and consumed at school, or on school trips, provides pupils with healthy and nutritious food.

All food served in school between 8am and 6pm is governed by legislation. This includes food served at our breakfast club, morning snack offered to all children, all lunches and packed lunches prepared by the school's catering team, and snacks offered at the *after school club.

It is therefore important to have a comparable policy for food and drink brought from home.

NB: The After School Club is currently run by an external provider.

The Lunch Box Policy embraces the Every Child Matters Agenda, and the right of every child to:

- Stay safe
- Be healthy
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

It is intended to:

- Make a positive contribution to children's health
- Support the school's Healthy Schools status
- Encourage a happier and calmer school population
- Promote consistency between food brought from home and food provided by the school
- Contribute to the self evaluation for review by OFSTED

The policy applies to:

- All food brought from home to be consumed in school at lunch time or at other times during the school day, including food on educational visits
- All staff eating food within the school (brought from home or on a school trip) and in the presence of pupils

The school's responsibility

The school will ensure that, where staff provide integrated and wrap around care ie at our Breakfast Club, or during lunch times and educational visits, that eating food from home is a sociable experience.

Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat for each child
- Ensuring that good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times
- Ensuring the staff supervising pupils eating food from home are aware of school policy and hygiene procedures



The school is not responsible for providing:

- Fridge space – and so for this reason the school would request that food from home is in insulated bags in order to keep food cool, appetising and safe where this is necessary and appropriate.
- Plates, bowls and cutlery so would request that cutlery is included with food from home when required

Special diets and allergies

- The school recognises that some pupils may require special diets for medical, ethical or religious reasons and that this may not allow for standards to be exactly met. For example, a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for the child's needs and that the class teacher is made aware.
- The school does not allow the swapping of food items between pupils for the same medical, ethical and religious reasons mentioned above, particularly since there is the potential for an adverse reaction medical reaction and anaphylactic shock due to food / nut allergies.

Hunter's Bar Infant School would like all Lunch Boxes to include a healthy balance of:

- ✓ At least one portion of fruit (e.g. a small apple, orange, grapes, dried fruit, cherry tomatoes) should be included each day
- ✓ At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- ✓ Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel) should be included each day
- ✓ Oily fish such as salmon at least once every three weeks
- ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day
- ✓ Dairy food such as milk, cheese, yoghurt or fromage frais or should be included each day
- ✓ Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies



Hunter's Bar Infant School would ask that parents and carers aim to avoid:

Nuts of all types including Peanut Butter – due to the risk of severe anaphylactic shock this gives to those children in school with nut allergies
Sweets of all kinds, including boiled sweets – due to the heightened risk this gives to children of choking

- ✕ Confectionery such as sweets, chocolate bars and chocolate coated biscuits (healthier alternatives include small shortbreads and flapjack or plain biscuits and crackers)
- ✕ Fizzy drinks, and drinks with added sugar or sweeteners
- ✕ Drinks in glass bottles or ring pull cans

The school would also ask that parents and carers ensure Lunch Boxes do not regularly include items that are high in fat or salt -such as cooked sausages, sausage rolls, chipolatas, corned meat, and individual meat pies for example.

In implementing the Policy the school will aim to:

- Inform parents, carers and pupils of the policy via the school newsletter and the school website
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating
- Introduce a pupil reward scheme to complement and support the policy
- Ensure that all school staff -including teachers, support staff, the lunchtime team and the school nurse are informed of the policy and support its implementation
- Train and support staff to implement the policy successfully
- Contact the parents and carers of a child who regularly brings a lunch box which does not conform to the policy, in order to discuss this and find a successful way forward
- Contact parents and carers about the food from home that is regularly left uneaten by their child



Review and Evaluation:

- The policy should be reviewed three yearly by the Head teacher, the Lunchtime Supervisory team, teaching staff, School Nutrition Action Group (SNAG), appropriate parental groups and the governing body
- This will include evaluation of teaching and learning activities, staff training and the monitoring of food choices. The impact upon healthy eating in school will be assessed by looking at feedback from teaching staff about the behaviour and concentration of those children eating a packed lunch