



Dereham Church Infant and Nursery School



School Lunch Box Policy

Aim of the policy

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

The purpose of the policy

- To make a positive contribution to children's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which must 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.

How the policy was formulated:

This policy was developed following consultation with children, staff, parents/carers and governors. It was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools- a strategic policy framework for governing bodies (National Governors' Council, 2005)

To whom the policy applies:

To all pupils and parents/carers providing packed lunches to be consumed within school or on an educational visit during normal school hours.

Food and Drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents/carers to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.



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- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

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 every day
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- only water, sugar free squash, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks or smoothies.

Packed lunches should not include:

- snacks such as crisps. *Instead, include vegetables and fruit (fresh or dried). 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 occasionally.
- Fizzy drinks

*Parents/carers are requested not to provide peanut butter sandwiches or any nuts as we have children in the school with peanut and other nut allergies.

Special diets and allergies: The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. Parents/carers must inform the school if this is the case and are urged to be responsible in ensuring that packed lunches are as healthy as possible. Also, for this reason pupils are not permitted to swap food items.



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Suggestions made by children, staff, and parents/carers:

Food Type	Examples of Food Type <i>(suggested by children/staff/parents&carers)</i>
At least one portion of fruit and one portion of vegetables	Crunchy raw vegetables, whole carrots/carrot sticks, cucumbers, peppers, celery, cherry tomatoes, coleslaw Fruit salad, kiwi (eaten like a hard boiled egg), grapes, bananas, melon, apples, oranges (peeled except for Satsumas), tinned fruit in own juice, salads (i.e. chicken salad with sweetcorn), dried fruit i.e. apricots
Non-Dairy Protein Meat, fish or other source	Tuna, fish fingers (could be made into a sandwich), ham, chicken, beef, hard boiled egg,
Starchy food Bread, pasta, potatoes, cake or non chocolate biscuit	Bread e.g. pitta, sandwiches, wraps, bagels, cream crackers, pasta salad, potato salad Digestive, oatmeal or any plain biscuit.
Dairy Milk, cheese, yoghurt, fromage frais, custard	Cheese hard (miniature cheeses from supermarket pick and mix) or soft (served with bread sticks), yoghurt, fromage frais, custard
Drinks Water, sugar free squash, fruit juice, semi-skimmed or skimmed milk, yogurt or milk drinks and smoothies	All drinks must be provided in cartons or plastic bottles. Cans/ glass bottles are not allowed

Assessment, evaluation and reviewing:

Packed lunches will be regularly monitored by M.S.A s (Midday Supervisory Assistants) and the class teacher. Any concerns will be reported to the SLT (Senior Leadership Team) and parents will be contacted to discuss this.

Please note pupils with special diets will be given due consideration.

Dissemination of the policy:

Parents/carers new to the school will receive a copy of the policy in the Reception Induction Pack or when they start the school.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.