



Healthy lunch box policy

May 2022

Aim of policy:

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Our School:

Badbury Park Primary School recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

Water:

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day. These can be kept at school and will be filled and emptied each day. This will allow children to have access to fresh drinking water throughout each day.

Packed lunches may include:

	Fruits and Vegetables	Include everyday	✓
	Meat, cheese, egg, beans or Oily Fish	Make a different choice each day	✓
	Starchy Food – bread, roll, pitta, wrap, crackers, pasta, rice	Include every day	✓
	Milk and Dairy Food- yoghurt, fromage frais, custard	Include every day	✓
	Water or a healthier drink	Perfect drink for your lunch box	✓

Packed lunches should not include

	Fatty snacks such as crisps	High in salt and fat	
	Confectionary	High in fat / sugar	
	Pastry/Meat Products	High in fat	
	Drinks	High in sugar	

Examples of a good packed lunch

Example 1-

Ham/cheese/egg/pasta/tuna sandwich
Yoghurt
Apple/banana/grapes (cut up)
Rice cakes/malt loaf

Example 2-

Pasta pot
Cheese squares
Carrot sticks/Orange/grapes (cut up)
Rice cakes/malt loaf



Allergies:

- Nuts and nut products (e.g. peanut butter, Nutella, pesto) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.

A balanced packed lunch could include:

- One portion of pasta salad, sandwich, bread roll or pitta bread.
- Cooked meat, cheese or marmite as a filling in a sandwich (not jam).
- One portion of fruit and vegetables e.g. carrot/cucumber sticks, tomatoes, apple, banana etc.
- One portion of yoghurt or cheese.

Monitoring:

On a daily basis, the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see.