



Parkfield Community School's

Lunchbox Policy





Parkfield Community School Lunchbox Policy

Aim of the Policy

To encourage healthy choices for all children in the school by ensuring that all food and drinks brought from home, consumed at school or on school trips provide pupils with healthy and nutritious food that is similar to food served at Parkfield School. We aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents in securing the best for every child. There is a nationally recognised issue with obesity in the adult and child population. We are committed to ensuring that our children are as healthy as possible.

Parkfield 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 to ensure equality of provision whilst taking account of this diversity and difference.

We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

Facilities Provided

We will provide a safe, healthy and appealing eating environment for pupils eating packed lunches, and ensure that free fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack (fruit) and lunch as possible. As fridge space is not available in school, parents are advised to send in packed lunches in insulated bags with freezer blocks (where applicable) to keep food fresh.

The school will ensure that eating food from home is a sociable experience where good behaviour and consideration for others is maintained.

We will work with parents/carers to try to ensure that packed lunches contain items of the food groups/Eatwell Plate.

We aim to ensure that all Packed Lunches include:

- at least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes);
- at least one portion of vegetables (e.g. carrot sticks, cucumber, celery);
- meat, fish or other source of non-dairy protein (eg chicken, turkey, beef, ham, salmon, tuna, lentils, kidney beans, chickpeas, hummus and falafel);
- starchy foods, 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) included each day;
- dairy food such as milk, cheese, yoghurt, fromage frais or custard;
- only **one small** sweet snack or cake;
- water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies;



- A paper napkin and eating utensils if necessary.

What is not allowed in School

At Parkfield, we do not allow:

- nuts and nut products (e.g. peanut butter). These should never be sent to school because of allergy concerns;
- the sharing of food in the dining room because of allergy risks;
- crisps or other such snacks (Quavers, Skips etc) but instead seeds, savoury crackers, breadsticks can be sent etc;
- fizzy drinks and drinks in glass bottles or ring pull cans;
- chocolates or sweets;
- hot takeaway food.

Implementation

On a daily basis, the staff in school see what children have in their lunchboxes as a matter of course as we are supervising in the hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking.

At no time will a child be made to feel ashamed of their lunchbox contents.

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 as they get 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.

Forgotten Lunch boxes

On occasions children have left lunch boxes at home or in their parent/carer's cars. As soon as this is discovered we will follow these procedures:

- The office and the child's parents will be contacted and asked to bring in the lunchbox. This will then be collected by your child at an appropriate time.
- If we are unable to reach a parent we will continue to contact other agreed contact names on the child's file.
- If in emergency cases a parent/carer is unable to bring a meal to school, the school, with the parent's permission, will provide the child with a school lunch which will need to be paid for in the school office at the end of the day.

Packed lunch ideas

The ideas below are recommended by the British Nutrition Foundation:

- Tortilla wrap and grilled chicken, lettuce and red pepper slices
- Cherry tomatoes
- Banana
- Fruit fromage frais



- Carton of apple juice
- Rice, bean and meat salad (boiled rice, kidney beans, green beans and chopped meat) with a little olive oil and lemon juice
- Peach or nectarine
- Slice of banana bread
- Granary roll with tinned salmon, lettuce and cucumber
- Sticks of sweet pepper
- Couscous salad with grilled chicken, chopped peppers and sultanas
- Small tub of fruit cocktail in juice
- Bottle of water
- Tuna and pasta salad with tinned tuna, chopped peppers and a little olive oil and lemon juice
- Handful of raisins
- Small slice of flapjack
- Carton of semi-skimmed milk
- Pasta and salmon salad (boiled pasta, tinned or grilled salmon and chopped cucumber)
- Small tub of fruit cocktail in juice
- Banana smoothie (banana, low fat yoghurt and orange juice)
- Tortilla wrap with mixed beans, grated cheese, lettuce and a little soured cream or reduced fat crème fraiche
- Handful of grapes and strawberries
- Boneless chicken
- Potato salad with reduced calorie dressing (homemade or bought)
- Cucumber and/or carrot sticks
- Low fat yoghurt
- Mini pittas and houmous, cucumber and grated carrot
- A slice of cheese
- Handful of strawberries or cherries
- Carton of mixed fruit juice
- Wholemeal sandwich with sliced beef, egg, lettuce and tomato
- Sugar snap peas
- Satsuma
- Fruit scone
- Bottle of drinking yoghurt
- Celery and cucumber sticks
- Low fat rice pudding

Promotion & Sharing of this Policy

We will inform parents and carers and pupils of the policy via letter, the school newsletter and the school website, including ideas for a healthy lunch box.

Reviewed by David Williams

Policy reviewed – January 2018

Next review date – September 2021