

Aspiring to inspire others towards excellence, developing as individuals together in a distinctively Christian environment.

I Corinthians, 12:14 "For the body is not one member, but many".



Lunch Box Policy

Our mission as a church school is to be – loving, welcoming and succeeding with faith, family and friendship at the centre of all that we do. The key Christian values that are the core of our school life are forgiveness, creation, koinonia, reverence, service, wisdom, trust and endurance.

Aims

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now strictly regulated by national standards. <https://www.gov.uk/government/publications/standards-for-school-food-in-england>

Rationale

- To make a positive contribution to children's health and well-being.
- To promote consistency between packed lunches and food provided by schools

Where, when and to whom the policy applies:

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

Morning snack should include:

- a piece of fruit, dried fruit or portion of vegetables.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of protein (e.g. lentils, beans, chickpeas, and falafel) every day
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt or fromage frais (or a non-dairy alternative, *excluding products containing nuts*) everyday
- oily fish, such as salmon, as often as possible

Packed lunches **should not** include:

- crisps and cheddars should be limited, and packets of crisps should split into smaller portions. *Breadsticks, rice cakes, low-salt crackers, fruit and vegetable sticks or dairy food are a good alternative.*
- cake bars and biscuits should be limited.
- high-fat processed meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be avoided.

Packed lunches **must not** include

- nuts – including peanut butter and Nutella – **because of the life-threatening risk** to any other child who may have a severe allergy. *Please be aware of any products containing sesame seeds (such as some houmous)*
Please check ingredients lists for cereal bars to ensure they do not contain nuts.
- confectionery such as chocolate bars and sweets
- drinks other than water – fresh water is available at all times.

Special diets and allergies

We recognise that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible and to talk to their child's class teacher for further information.

For reasons of safety and with allergies in mind, pupils are not permitted to swap food items.

Please be aware of nut allergies. We recommend you visit the <https://www.allergyuk.org/living-with-an-allergy/at-school/> website for reliable information on managing allergies in schools.

For further guidance and healthy snack and lunchbox ideas please visit:

<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Ratified by the Governing Body: Spring 2023

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