

## St Anne's Primary, Denton

### Healthy Eating, Snacks and Lunch Box Policy 1.0

#### **The Overall aim of this 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.

#### **Our School**

St Anne's Primary recognises that our children come from a variety of different backgrounds. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of 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 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.

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 refrigerated space is not available in school, parents are advised to send packed lunches in a cooler bag or provide food that does not require refrigeration.

#### **Water**

It is recognised that children's concentration and behaviour improve when they drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to either bring in a transparent plastic water bottle daily, or to regularly use the water fountains in each classroom.

#### **Mid – Morning Break**

##### Early Years/KS1

Fruit – All KS1 children receive a free item daily from the School's Fruit and Veg Scheme.  
Milk is provided free for Reception. Children in Year 1 and Year 2 can choose to opt into the milk scheme for a small fee. (Please contact the office for details)  
Water

##### KS2

Fresh fruit and veg to be brought into school  
Milk scheme is available (Please contact the office for details)  
Water

#### **School Dinners**

Our school meals are cooked on the premises and always contain healthy options. All meals are accompanied by a choice of vegetables and fruit is available daily. Where possible, healthier ingredients are used such as wholemeal flour, reduced sugar and 'hidden vegetables'.

#### **Packed lunches**

The following suggestions for snacks and lunchbox contents may help parents and ensure health and equality for all children.

Packed lunches may include:

At least one portion of fruit and or vegetable (this could include a dried fruit)

Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)

A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)

A starchy food such as bread, pasta, rice, noodles

Dairy food such as cheese, yogurt, fromage frais

A smoothie or yogurt drink

A bottle of water

A biscuit, preferably not coated in chocolate

Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.

Eating utensils if necessary

**Packed lunches should avoid:**

Confectionery such as chocolate bars, chocolate coated biscuits and sweets

Sausage rolls and pies should only be included occasionally

No fizzy drinks or thermos flasks should be brought into school.

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

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. It is not our intention to tell parents/carers what and how they should be feeding their children and we will not do so. We want to work together to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. Children bring home wrappers and any uneaten lunch for you to see. To minimise unnecessary movement around the hall, the only items to be placed in the catering bins are messy items such as yoghurt pots and drinks containers.

Treats that are sent into school to celebrate birthdays are allowed. These will be distributed at home time so parents are able to monitor them.