



HEALTHY EATING, SNACKS AND LUNCH BOX POLICY

1. Introduction

1.1. This policy informs practice in the whole school.

2. The Overall Aim of This Policy:

2.1 Our aim is to ensure that all food consumed in school provides pupils with a healthy, nutritious and balanced diet.

2.2 Eating healthily and educating children about the importance of this, is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.
- Concentrate and perform better.

Every effort is taken to ensure that hot lunches conform to health guidelines with less sugar, fat and salt and more fresh fruit and vegetables. They also provide a good balance of “complex carbohydrates” such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

3. Where, when and to whom the policy applies:

3.1 To all pupils and parents/carers providing packed lunches to be eaten within school from January 2017.

4. Our School:

4.1 ISTCI 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 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**.

4.2 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, all pupils must bring water to school each day. If they run out during the course of the day they will be able to fill up from the water cooler in the staff room. This will allow children to have access to fresh drinking water throughout each day. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible.

4.3 As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag, with ice packs or food that does not require refrigeration.

4.4 A thermos or insulated flask or container should be used to keep hot food warm.

6. Guidelines

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

Mid - Morning Break/ Fruit Snack

It is strongly encouraged that this snack is a **FRUIT** (or vegetable) snack. If it is not fruit, it must be a healthy snack however.

Please provide one of the following or similar:

- Fruit or vegetables which are ready to eat – If your child is unable to peel the fruit, please peel for them and wrap or store in a suitable way
- Vegetables with or without a dip (e.g. carrot sticks and hummus)
- Dried Fruit
- Cereal bar
- Yoghurt
- Crackers or Breadsticks
- Cheese

Packed Lunches

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
- One juice box (try to get the pure juice rather than Capri Sun or similar)
- Eating utensils if necessary

A 'treat' item, per day may be included:

- 1 SMALL bag of crisps/potato chips. Try to choose those that are baked or lower in fat and avoid cheetos and similar. Alternatively you could choose other such snacks like seeds, savoury crackers, breadsticks, popcorn, tortilla chips etc.

- One or two (**not more**) cookies, not chocolate. Oatmeal, oat and raisin etc. are preferred
- A muffin or a piece of banana bread

Packed lunches must avoid:

- Confectionery such as chocolate, chocolate coated cookies and candy
- Doughnuts, cupcakes, sticky buns etc.
- Sodas, fizzy drinks, Gatorade or similar
- Anything which is packaged in glass or metal tins, as this is unsafe

Children are **not** allowed to share food items due to allergy concerns.

7. Monitoring and evaluation:

7.1. We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents regularly fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

7.2. On a daily basis the staff in school see what children have in their lunchboxes whilst supervising lunch and snack. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. 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.

8. Rewards

8.1. The real incentive for parents to adhere to this policy has been very eloquently put by this parental quote: "The incentive should be their children having a healthy, balanced lifestyle." However, children respond to rewards and to encourage them to bring a healthy lunchbox from Monday to Thursday, children may still purchase a freezie on a **FRIDAY** afternoon.

8.2. Children eating healthy lunches will be rewarded by e.g. Encouragement, stickers, certificates, Team Points which will be given out by the Grade 5&6 Student Council members.

8.3. Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.

9. Policy Owner

9.1 The policy owner is the Principal of the School.

9.2 This policy has been written following consultation with parents, pupils and staff .

9.3. **We have the best interests of all the children at heart.**

10. Issue Date

10.1 *Issue Date: 12th January 2017.*

11. Review Date

11.1 This policy will be reviewed annually. The next review is due in September 2018.

Principal Signature:

Katie Hinks

12th January 2017