



**MANOR BEACH PRIMARY SCHOOL
HEALTHY EATING POLICY**

**REVIEW DATE: MAY 2021
REVIEW DUE: MAY 2023**

Manor Beach Primary School

Healthy Packed Lunch Policy

This policy was developed as part of a consultation process involving pupils, staff and Governors of the school, based on best practice advice (where available) from Lancashire County Council.

This policy should be read in conjunction with the following documents:

- Curriculum policies in which healthy eating are to be delivered eg science, DT, PE
- Teaching and learning particularly how being well nourished and well hydrated can assist with learning and ways in which this is encouraged within school
- Health and safety – how basic food hygiene is followed within school including cooking with classroom and storage of food

Aims

The main aims of our school healthy eating policy are:

- * To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- * To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day. As we already have healthy school dinners, we felt that packed lunches should be of the same high standard.
- * To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- * To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Breakfast club

We now have a breakfast club operating on the school premises. We share our food policy with them and ask them to work in a way that supports our aims and objectives. Providing a healthy and nutritious breakfast while offering the widest selection they can.

Snack

All KS1 children are encouraged to have a healthy, fruit snack at morning playtime. They also have the option to have milk, which is free for some children.

KS2 children bring in fruit from home or buy a healthy snack at tuck.

School Dinners

All children in KS1 and Reception are entitled to a free, healthy school dinner. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. School dinners provide a vegetarian and non-vegetarian option, both of which pay regard to nutritional balance and healthy options.

Packed Lunches

Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that water is available if needed.
- The school will work with pupils to provide an attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit together.

Ideally, packed lunches should include:-

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or mild drinks and smoothies.
- Homemade cake or other healthy desserts.

- Nuts, seeds, vegetables and fruit (with no added salt, sugar or fat).
Savoury crackers or breadsticks served with fruit, vegetables or dairy food.

Packed lunches **should not** include:-

- Snacks such as crisps, baked snacks could be used as an alternative.
- Confectionary such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as pies, corned meats and sausages should only be included occasionally.

Special diets and allergies:- We also 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. For these reasons pupils are not permitted to swap food items.

Birthdays:- We celebrate children's birthdays by giving the child the opportunity to wear their own clothes.

Food across the Curriculum

In EYFS, KS 1 and KS 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Rewards

In general, sweet treats will not be used as rewards in school.

Involvement of parents/carers

We believe in free choice and pupils and parents have the option of purchasing a healthy hot meal or providing their own healthy packed lunch. We expect all parents and carers to provide their children with packed lunches that conform to the packed lunch policy. In turn, the school will keep parents informed as per the 'Dissemination of the Policy'.

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will be available in the school website.

The school will use opportunities such as parents evening and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff, will be informed of this policy and support its implementation.

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