



## SANDBROOK PRIMARY SCHOOL

### HEALTHY LUNCH BOX POLICY

Date Adopted	MAY 2018	Version	V1.2
Last Reviewed		Review Cycle	
Revision history			
Author /owner	HEADTEACHER		

#### SCOPE:

This policy applies to all staff and children.

#### POLICY:

It is our policy to:

- Ensure all children bring in a healthy lunch box that meets the same standards food provided in school dinners. This includes the following:
  - A good portion of starchy food e.g. wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
  - Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable.
  - A portion of lean meat for example: ham, chicken, beef, tuna, eggs or beans.
  - A portion of milk or dairy food e.g. yoghurt.
  - A drink e.g. a small carton of milk, fruit juice or a bottle of water.
  - One small biscuit e.g. kit-kat, penguin, club, cake bar etc. – This is equivalent to a school meal dessert.
- Inform and educate children and families so that they can make healthy food choices;
- Promote healthy eating;
- Promote the eating of fruit and vegetables;
- Actively monitor lunch box choices;
- Actively return any unsuitable food choices.

#### Responsibilities

##### School will:

Promote healthy lifestyles.

Model the policy.

Monitor the contents of lunchboxes and respond according to the findings.

Make links with health promoting team or school nurses as required.

Encourage the take-up of school meals that meet school food standards.

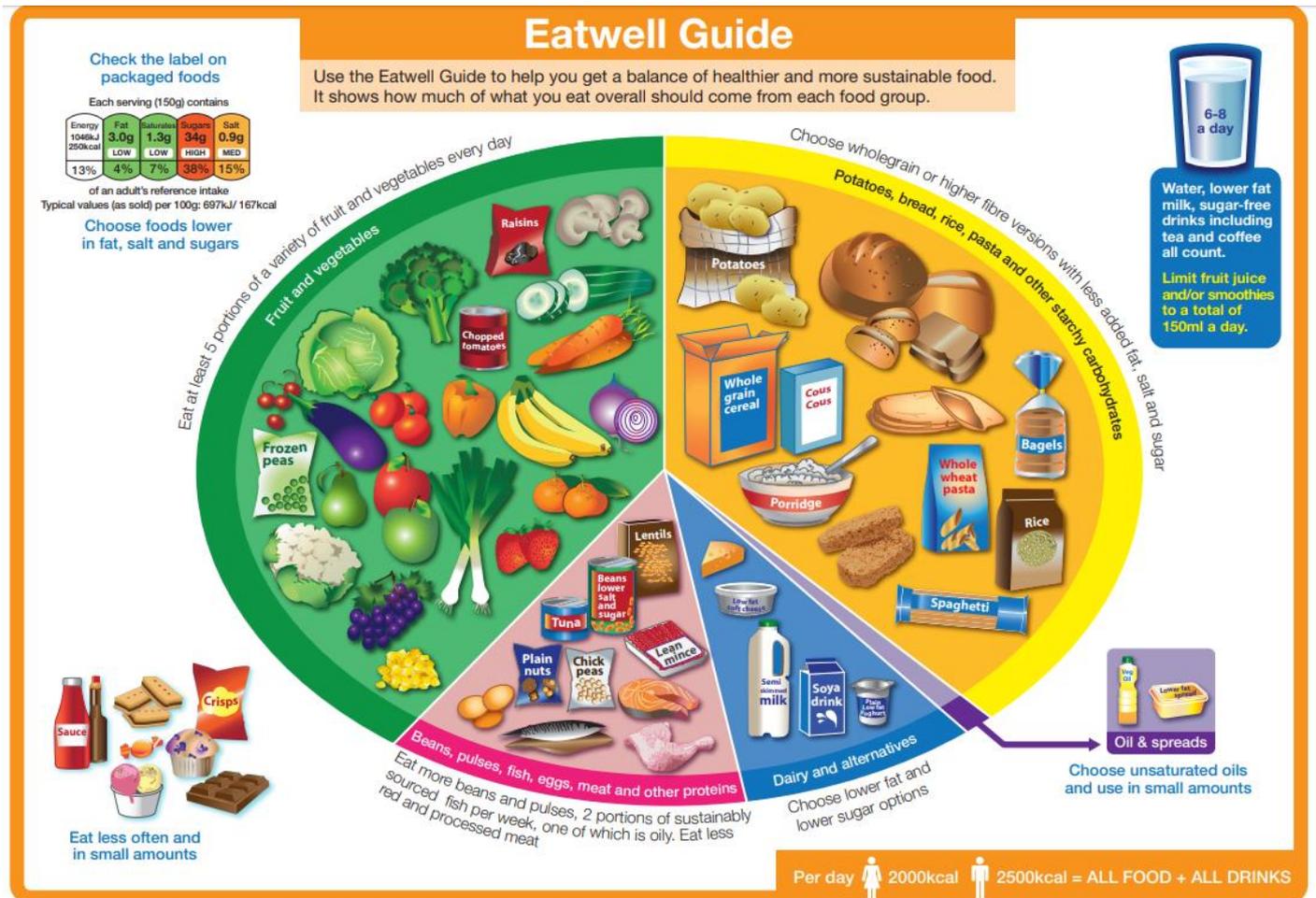
Offer support on alternatives to unhealthy foods.

## Parents should:

Accept that school is a community and decisions are made for the good of the community.  
Provide packed lunches follow policy and other guidance to promote healthy eating.

## NHS Eatwell plate guidelines

Our lunchbox policy is based on NHS guidance ([www.eatwell.gov.uk](http://www.eatwell.gov.uk)) which promotes balance and variety in the diet.



## RATIONALE/BACKGROUND:

### Why is healthy eating important for children and young people?

A lunch box provides a valuable contribution towards a child's nutritional requirements for a day. According to the Department of Education's 2008 school census, over 127,000 children in Northern Ireland (42% of pupils present) took a packed lunch to school. An all-island study (2005) looking at the nutritional balance of over 2,500 school children's packed lunches found that 9 out of every 10 lunch boxes (92%) contained foods high in fat and sugar. Almost half of all packed lunches (47%) had no portions of fruit and vegetable and over two thirds of lunch boxes (71%) did not meet the compulsory school meals standards for Northern Ireland. Similar research conducted by the Food Standards Agency in 2004 also indicated that children who take a packed lunch to school are eating far too much fat, saturated fat, salt and sugar in one meal.

Clearly, there is a need to make lunch boxes healthier and more appetising to pupils. But this does not mean that they should miss out on all the things that they enjoy eating. Variety is the key to a healthier lunch box. It is all about getting a balance and a good variety of foods over a period of time, no single food can provide all the essential nutrients that the body needs.