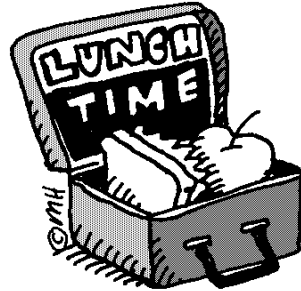


NADI SANGAM PRIMARY SCHOOL

LUNCH/ NUTRITIONAL POLICY



Aim of the Policy

The aim of the policy is to ensure that all food and drinks brought from home, consumed at school or on school trips provides pupils with healthy and nutritious food.

All food served in school during recess and lunch break will be governed by legislation. This includes packed lunches prepared by school canteen, lunch time food brought from home and food prepared by the clubs. It is therefore important to have a comparable policy for food and drink brought from home.

The policy embraces the Healthy and Nutritional Agenda, the right of every child to:

- Stay safe
- Be healthy
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

It is intended to:

- Make a positive contribution to children's health
- Support the school's Healthy Schools status
- Encourage a happier and calmer school population
- Promote consistency between food brought from home and food provided by the school

The policy applies to:

- All food brought from home to be consumed in school at lunch time or at other times during the school day including on a school trip.
- All staff eating food brought from home within school or on a school trip in the presence of pupils.

NADI SANGAM SCHOOL- LUNCH POLICY

The school's responsibility

The school will ensure that eating food from home is a sociable experience where staff will provide integrated and wrap around care. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures



Special diets and allergies

- The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for the child's needs.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. Nut allergy)

NADI SANGAM SCHOOL- LUNCH POLICY

We would like all Lunch Boxes to include:

- ✓ At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, tomatoes) should be included each day
- ✓ At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- ✓ Meat, fish or other source of non-dairy protein (e.g. chicken, beef, pork, tuna and peanut butter) should be included each day
- ✓ Oily fish such as salmon at least once every three weeks
- ✓ A starchy food such as any type of bread, pasta, rice, noodles, potatoes or other type of cereals every day (e.g. rice cakes, oat cakes) should be included each day



- ✓ Dairy food such as milk, cheese, yoghurt, or custard should be included each day
- ✓ Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks.

Aim to avoid:

- × Snacks such as crisps (alternatives include savoury crackers, nuts and seeds)
- × Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, or plain biscuits)
- × Fizzy drinks, drinks with added sugar or sweeteners
- × Flasks, drinks in glass bottles or ring pull cans
- × The remains of the previous days take-away

Lunch Boxes should not regularly include items that are high in fat or salt. For example:

Cooked sausages, sausage rolls, corned meat, individual meat pies

NADI SANGAM SCHOOL- LUNCH POLICY

In implementing the Policy the school should aim to:

- Inform parents and carers and pupils of the policy via letter, the school newsletter including ideas for a healthy lunch box.
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating
- Introduce a reward scheme to complement and support the policy
- Ensure that all school staff members and canteen catering are informed of the policy and support its implementation
- Train staff to support the implementation of the policy
- Contact the parents and carers if a child regularly brings a lunch box which does not conform to the policy to discuss and find a way forward



- Discuss with parents and carers food from home that is regularly not eaten by their child.

Review and Evaluation

- The policy should be reviewed annually by the Head teacher and the staff members of this school.
- This will include evaluation of teaching and learning activities, staff training and the monitoring of food choices. The impact on healthy eating in school will be assessed by looking at feedback from teaching staff about behaviour and concentration of children eating a packed lunch.

Name and position in school:

Signed:

Dated: