



Healthy Snack & Packed Lunch Policy

Effective December 2021



Summerlea Community Primary School

Healthy Snacks

At Summerlea we believe that eating a healthy snack at break time will help to keep up our energy levels and concentration for learning.

As a Healthy School we recognise the importance of eating a nutritionally balanced diet.

At our school we support our beliefs by having free fruit and vegetables available to all pupils in Early Years and Key Stage 1. Pupils in Key Stage 2 may also buy into the fruit and vegetable scheme.

The Healthy Schools Team, Class Councils, Staff, Parents and Pupil Governors have all had an original input into what snacks we accept as healthy at Summerlea School. Please see the examples below:

Fruits	Cheese (preferably not processed)
Chopped vegetables and dips	Seeds and dried fruits
Plain or fruit yoghurts	Crackers
Cereal Bars	Rice Cakes
Breadsticks	Scones or Fruit Loaf
Popcorn (plain or savoury)	Cooked chicken pieces (not in breadcrumbs)

The SPC regularly review and update the healthy snack examples.

We have a number of children and adults with allergies please avoid sending nuts and nut products into school.

Packed Lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is available.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Whenever possible, the school will allow children eating packed lunch or school meals to sit together.
- Children must only eat their own food and not other children's.

Everything in moderation ...

Our school feels that, as part of creating a healthy ethos within our community and promoting the idea of a balanced diet and life style, special exceptions are acceptable and are seen as a treat.



Guidance

Suggestions for food to INCLUDE in a healthy packed lunch:-

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, sugar free squash, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Suggestions for food that should be an occasional treat in packed lunches:-

- Snacks such as crisps (small bag).
- Chocolate coated biscuits or wafers
- Small fairy cake/wholemeal muffin
- 1 small carton juice/squash
- Chocolate cereal bar
- 1 small pudding tub (e.g chocolate mousse/trifle etc.)

Suggestions for food to NOT TO INCLUDE in a healthy packed lunch:-

- Confectionery such as chocolate bars or sweets are not allowed at lunch time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are very unhealthy and are likely to make a mess and spoil food.

Special diets

Our school also recognises that some pupils may have verified medical conditions requiring 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.

Assessment, evaluation and reviewing

Packed lunches are monitored by lunchtime staff as part of their supervision of the children. Staff may make polite suggestions for healthy options. Pupils' on special diets following verified medical advice will be given due consideration. Any concerns about food eaten at lunchtime will be discussed with the child's class teacher who may raise this with the parents or carers.



This policy was approved by the governing body of Summerlea Community Primary School

in:December 2021.....

Signature of Chair of Governors:


Signature of Headteacher:
Helen Morris



Policy Review Form

Please complete this section when reviewing and updating this document.

Author

Name

Karla Strong

Date

November 2015

Reviews

Name

Karla Strong

Karla Strong

Karla Strong

Review Period: 2 years

October 2017

October 2019

December 2021

Information Source

Name

Date

Change Control

Sections Amended

Removed reference to school parties.

Removed rewards for healthy packed lunches.

Examples of Healthy Snacks have been updated.

Author & Date

Karla Strong 2.10.19

Karla Strong Dec 2021