

Healthy Snack and Lunchbox Policy

Thomas Jolyffe Primary School

To be the best that we can be!



Approved by: Philippa Liversidge

Date: September 2025

Last reviewed on: September 2024

Next review due by: September 2026

Healthy Snacks and Lunchbox Policy

The Overall aim of this policy

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Our School

Thomas Jolyffe Primary School 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 for some children it is a major step to get them to eat new foods. 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.

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

Water

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, we encourage all pupils to bring a plastic bottle of water to school each day for use in the classroom. This will allow children to have access to fresh drinking water throughout each day. Water is available at water fountains for those without a water bottle.

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

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
- a bottle of water or fruit juice such as apple or orange juice
- a biscuit not coated in chocolate
- crisps (baked or other low-fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.
- eating utensils if necessary

Packed lunches should avoid:

- confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- sausage rolls and pies should only be included occasionally
- Our school recognises that many drinks are aimed at children through advertising and that some of these are artificially sweetened. Some artificial sweeteners contain an ingredient called aspartame. This has been linked to headaches, diabetes, weight gain and heart disease. Where possible, we recommend packed lunches contain a bottle of water or a naturally sweetened drink such as orange or apple juice rather than fizzy or sugary drinks.

Nuts and nut products (e.g. peanut butter or chocolate bars which contain peanut butter) should never be sent to school because of allergy concerns. We are a nut-free school. Children are not allowed to share food items for this same reason.

Mid - Morning Break

EYFS/KS1

- fruit is provided by school
- water (milk can be ordered each half term through the School Office)

KS2

- fruit, dried fruit, crackers, cheese chunks, yoghurt
- water (milk can be ordered each half term through the School Office)

No chocolate, crisps or sweets are allowed at school for snack time.

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. 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.

School trips, party foods, special occasions and celebrations

School trips provide special and exciting opportunities for our children. On such occasions we may request that lunch boxes are provided for all children attending. We ask that lunch boxes include foods such as those suggested in the policy and avoid snacks high in sugar such as sweets and chocolate.

Sweet foods, cakes, chocolates, sausage rolls etc. are allowed in school for party days and special occasions. Lists of foods may be compiled with your child's class teacher and children will choose items to bring into school.

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.

Certain sweets and foods such as candy and chewy confectionary products contain an ingredient called gelatin, which is a food-stuff that gives the shiny, chewy or bendy quality. It is derived from animal products and many of our children are unable to eat gelatin for dietary or religious reasons. Where possible you may wish to send in celebration sweets that do not contain this ingredient, such as chocolate based products.