

# Lanesfield Lunchboxes Policy

We at Lanesfield want to ensure children develop healthy eating habits to ensure they get the energy and nutrition they need across the day. We have introduced this guide to allow our children to be ready to learn and actively engage in all activities in the school.

We have created some guidance for packed lunches and what they should include:

- **Base a packed lunch around a starchy food (a sandwich, pasta, wrap, pitta, bagel)**
- **Includes at least one portion of vegetables or fruit**
- **Include a dairy food (milk, cheese, yoghurt)**
- **No sweets or chocolate coated products**
- **Limit cakes and biscuits to 2 -3 times a week**
- **No nuts**
- **Suitable drinks: water, milk, pure fruit juice**



## Pupils with special diets

The foods and drinks included in the policy guidance will be suitable for most therapeutic diets. However, if you have any queries about this then please contact the school to see how we can assist.

## Monitoring:

Packed lunches will be monitored by teaching staff and lunchtime supervisors. Healthy lunches will be rewarded by house points. No child will be made to feel ashamed of their lunchbox contents. However, if a packed lunch regularly does not follow these guidelines, this letter will be sent home as a reminder. We want to work with parents and carers to help educate our children about healthy dietary choices, so that they can make their own informed choices independently when they are older.

Dear Parent/ Carer,

Following our Lanesfield Lunchboxes Policy I wish to inform that there was an item that was not suitable in your child's lunchbox, the item was:

Please refer to the Lanesfield Lunchbox policy which offers advice on how to ensure your child's lunchbox is healthy.

If you need further advice please contact the school.

