



Four Swannes Primary School **Healthy Lunchbox and Snack Policy**

At Four Swannes Primary School, we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively, we need to work in partnership with parents and carers in securing the best for every child.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning. The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Aims

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches
To ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating and to encourage healthy eating habits in childhood that can influence health and well-being in later life
- To support parents and carers in providing a healthy packed lunch for their children.
- To develop awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To ensure that parents are aware that food brought into school (packed lunches) should reflect and meet food standards for School Food (2025) : [School food standards practical guide - GOV.UK](#)

Guidelines

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off. The school will ensure that packed lunch pupils and school dinner pupils will be able to use the dining hall at the same time.



The recommended contents of a healthy lunch box are:

- Minimum of one portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day where there are no allergies
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Meat products such as sausage rolls, individual pies corned meat and sausages/ chipolatas should be included only occasionally
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good alternative to crisps
- Two plain biscuits (not chocolate coated) or nut free cereal bar

The NHS have an excellent collection of healthy lunchbox suggestions, which can be found here : [Lunchbox ideas and recipes – Healthier Families - NHS](#)

Lunch boxes should not contain :

- Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- Fizzy drinks.

Special Diets /Allergies

The school recognises that some pupils may have verified medical conditions requiring special diets, which may impact on what they bring in their lunchbox. In this case, parents/carers are urged to contact the school SENCo – Mrs. Sawyer to discuss dietary requirements. For these reasons pupils are

- Not permitted to swap food items.
- Not permitted to bring nuts and nut products in packed lunchboxes.



Monitoring and evaluation

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. On a daily basis whilst supervising in the dining hall, the member of staff on duty monitor what children have in their lunchboxes, This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking.

However, if lunchbox contents regularly fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

Healthy Snacks

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme.

As children move up into KS2, if they wish to have a break time snack, they are currently required to bring in something from home. This should be a healthy snack, for example :

- A whole piece of fruit, such as an apple or banana
- A small container of fruit such as strawberries, raspberries, melon or grapes (please ensure these are cut into bitesize pieces, including grapes, which should be cut in half)
- Vegetables such as carrot sticks, cucumber, sugar snap peas etc
- Rice cakes
- Savoury crackers (e.g. oatcakes) or breadsticks
- Dried fruit should only be an occasional snack as it's very high in sugar

Again, the NHS has an excellent list of suggested healthy snacks, which can be found here and can be adapted for use at school: [Healthier snacks - Food facts - Healthier Families - NHS](#) As this mid-morning snack will be eaten in the playground, please ensure you provide your child with something quick and easy to eat

Mid-morning snacks should not contain:

- Chocolate



- Sweets
- Crisps
- Nuts
- Pastries
- Meat sticks or salamis
- Biscuits
- Fruit roll ups

Please note, that if any snacks from the list above are provided to the children, they will be put to one side and returned to your child at the end of the day, as they cannot be eaten at break time.

Due to complications that may arise from allergies, we request that children do not bring in edible treats to share with the class when celebrating their birthday. Your child is more than welcome to bring in non-edible party bags or small gifts, but we ask that these do not contain food.

Written : March 2025

Review : March 2027 or earlier if there are changes in government legislation/guidance