



SCHOOL POLICY REGARDING LUNCH BOXES

At Our Lady of Pity School we pride ourselves on being a Healthy School. We strive to improve the health and welfare of our whole school community in line with the Every Child Matters Agenda. Nutritionally, lunch is an important meal and should be viewed as part of a balanced diet. We understand that it is a parent's responsibility to plan and provide this balanced diet and our responsibility to support parents and the children in achieving this aim.

To this end, we ask parents to provide a packed lunch following this guidance: should any parent wish their children to eat foods not included below, we ask that they provide these outside of school hours for the simple reason that this assists the smooth running of the community and minimises the impact any individual has on it. This policy is the product of consultation with the Healthy Schools Team and follows guidance from the Food Standards Agency.

We ask that lunchboxes contain;

- **A sandwich style mainstay:** e.g. a sandwich, baguette, pasta salad, wrap, stuffed pitta bread.
- **A piece of fruit/raw vegetables/other dried fruit selections.**
- **Yoghurt:** a pot of yoghurt is ideal: *No 'squeezie tubes' etc.: they are highly impractical and cause mess.*
- **A drink:** water is best. Fruit juices are acceptable. *No fizzy drinks, cans or bottles.*

Lunchboxes could also contain;

- A biscuit/cake/cereal bar: *please keep this plain.*

Please:

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| * Provide a spoon with the Yoghurt pot. | * No chocolates or sweets are allowed. |
| * Clearly and permanently mark Your child's lunch box and water bottle. | * No crisps/crisp type snacks. |
| | * Avoid processed foods (such as 'lunchables', 'cheese strings', 'dippers'). |

From time to time the staff will monitor the contents of lunch boxes and will send reminders of this Policy to parents where necessary. Naturally, if for any medical reason a child cannot eat a meal as described, you should see your child's class teacher in the first instance. For further information, our Food and Nutrition Policy is available on request and you can also access more information from www.food.gov.uk

Thank you for your co-operation.