



## DAWPOOL CHURCH OF ENGLAND PRIMARY SCHOOL

### Lunchbox Policy

At Dawpool Primary School, we pride ourselves on being a Healthy School and we strive to improve the health and welfare of our whole school community. 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. 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/other dried fruit selections. We strongly recommend that if you are putting grapes in your child/ren packed lunch that the grapes are cut in half lengthways; the reason for this is whole grapes are a choking hazard.
- Yoghurt: a pot of yoghurt is ideal:
- A drink: water is best. Fruit juices are acceptable. No fizzy drinks, cans or bottles.

Lunchboxes could also contain;

- A biscuit/cake/cereal bar (although keep these plain)

Please:

- Provide a spoon with the Yoghurt pot.
- Clearly and permanently mark your child's lunch box and water bottle.

Please:

- No food containing any peanuts (we have children at school allergic to nuts)
- No crisps/crisp type snacks.
- Avoid processed foods (such as 'lunchables', 'cheese strings', 'dippers')
- No chocolate or sweets are allowed.

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. If you would like to discuss your child's individual dietary needs or eating habits, please contact us to arrange a meeting.