

# Sonning Church of England Primary School

## Healthy eating, snacks and lunch box policy



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### Introduction

At Sonning Church of England Primary School, our vision is to build strong foundations for the years ahead. Supported by our school values of love, courage, respect, aspiration and curiosity, we seek to help pupils make positive choices in all they do. Like the wise man who built his house upon the rock (Matthew 7:24-25), we follow our Christian values to build strong foundations for the years ahead.

Sonning Church of England Primary School is committed to supporting the physical health of our children by promoting positive food and drink choices and educating children about their bodies. Whilst promoting healthy food choices and decisions and providing those strong foundations of a healthy lifestyle for the future, the school recognises that our children come from diverse backgrounds, cultures, ethnic and faith groups. We also recognise that children may have food-related conditions and require additional consideration. Our school aims to promote healthy food choices for all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children find trying new and varied foods challenging, and we would encourage parents to let us know if this is the case so that we can support these children sensitively and with encouragement / praise for what they have eaten.

We have the best interests of all the children at heart and want to support all parents with this policy. If you need any further support, ideas, recipes etc., contact the school office to discuss your child's needs.

Please note that 'parents' refers to 'parents, carers and guardians' within this document.

**Building strong foundations for the years ahead (Matthew 7:24-25)**

Love - Courage - Respect - Aspiration - Curiosity

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### Aims

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

We aim to 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.

### Water

It is widely recognised that children's concentration and behaviour improves when they drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a bottle of water to school each day. These should be cleaned and refilled each day.

### School lunches

The school will ensure that hot school meals are available daily, through a certified catering company that follows national nutrition guidelines. The menu offered will provide for pupils with allergies and other dietary requirements. The menu is available on the school website.

### Packed lunches

As fridge space is not available in school, parents are advised to send in packed lunches in a cool bag or provide food that does not require refrigeration. Most fresh foods will be fine out of the fridge for the morning and, in extremely hot weather, including a cold drink or ice pack can help keep food cool.

### No nuts, thank you

Nuts and nut products (e.g. peanut butter or hazelnut chocolate spread) should never be sent to school. We have members of the school with severe nut allergies. Children are not allowed to share food items for this same reason.

### What to provide your child at school: breaktime

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

#### Early Years Foundation Stage (EYFS) and Key Stage 1

- Fruit (this is provided each day, at no cost to parents).
- Water.

Milk is also available for all pupils in Reception, Year 1 and Year 2 as part of the Universal Infant Free School Meals (UIFSM) offer.

#### Key Stage 2

Pupils who are classed as Pupil Premium (in receipt of Free School Meals) may have a piece of fruit via the school (at no cost to parents). Other pupils require a snack provided by parents. Examples of a suitable snack are as follows:

- Vegetable sticks (e.g. carrots, cucumber, peppers, mange tout, baby corn).
- Sliced or whole fruit (e.g. apple, banana, satsuma, pear, plum).
- Healthy snack foods such as halved cherry tomatoes or olives.
- Oat cakes / wholegrain crackers.

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- Natural / plain / Greek yogurt with fruit / seeds / oats added.
- Seeds (e.g. pumpkin or sunflower seeds).
- Plain popcorn.

### What to provide your child at school: packed lunches

Packed lunches should typically include items from the following categories:

- At least one portion of fruit and or vegetables (this could include a dried fruit). Aim for 2 or 3.
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat). Aim for wholegrain bread, pitta bread, bagel or a wrap.
- A starchy food (as an alternative to a sandwich) such as wholemeal pasta, rice, noodles, lentils, chick peas or cous cous.
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas or hummus).
- Dairy food such as cheese, sugar free / natural yogurt, fromage frais or a boiled egg.
- Plain wholemeal crackers, oat cakes, popcorn, sugar free oat bars.
- A bottle of water.
- Eating utensils if necessary.

Please see the end of the document for some further suggested lunch ideas.

We would strongly encourage parents to limit unhealthy foods (such as those with high sugar, salt or fat content) to a small amount or not at all in a lunchbox. Please note, however, that the following are not allowed at all:

- Any product that contains nuts (see the above section).
- Bags of sweets.
- Fizzy drinks.
- Energy drinks that contain high sugar or any amount of stimulants (e.g. caffeine).

Staff may open up a discussion with parents to offer support if, over a period of time, they feel that lunchbox choices could be improved or contain a high number of unhealthy products. This is to support a healthy diet for a child and to see how we, as a school, might help.

In addition, parents may also wish to consider reducing the amount of UPF (Ultra Processed Foods) in their child/ren's lunchbox. Research shows that increasing the variety of wholefoods in a diet supports growth, concentration, immunity and overall development.

### Birthday sweets or chocolate

Foods that are sent into school to celebrate birthdays are an exception to the above. These will be distributed at home time and children will be told to seek parental permission before consuming anything provided in this way.

### Encouraging health and wellbeing

The school values the physical health and wellbeing of our school community. Throughout the year, children will be taught about the importance of making healthy food choices and encouraged to value physical exercise as part of their daily lives. Where possible, we will utilise our catering company and external providers to provide events and educational experiences for our children linked to healthy eating, nutrition and physical exercise.

### Additional support

The following pages provide additional, suggested support on helping support a healthy lunchbox and healthy eating lifestyle.

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### Suggested meal options

1	<ul style="list-style-type: none"> <li>• Wholemeal pitta filled with tuna, sweetcorn, grated carrot</li> <li>• Bag of plain popcorn</li> <li>• Apple</li> <li>• Cucumber sticks</li> <li>• Plain yogurt with blueberries</li> </ul>	2	<ul style="list-style-type: none"> <li>• Egg mayonnaise wholemeal wrap</li> <li>• Mini corns</li> <li>• Wholemeal crackers</li> <li>• Banana</li> <li>• Yogurt with dried apricots</li> </ul>
3	<ul style="list-style-type: none"> <li>• Wholemeal pasta with peas, sweetcorn and tomato sauce</li> <li>• Oat cakes and hummus</li> <li>• Strawberries and raspberries</li> <li>• Cherry tomatoes</li> </ul>	4	<ul style="list-style-type: none"> <li>• Giant cous cous salad with cucumber, tomato and mozzarella</li> <li>• Chicken pieces</li> <li>• Satsuma</li> <li>• Yogurt with sunflower seeds and strawberries</li> </ul>
5	<ul style="list-style-type: none"> <li>• Wholemeal wrap with falafel, hummus, grated carrot</li> <li>• Pear and grapes</li> <li>• Cucumber sticks</li> <li>• Boiled egg</li> </ul>	6	<ul style="list-style-type: none"> <li>• Chicken salad sandwich on wholegrain bread</li> <li>• Breadsticks and cream cheese</li> <li>• Sugar snap peas</li> <li>• Low sugar homemade flapjack</li> <li>• Kiwi fruit and peach slices</li> </ul>
<ul style="list-style-type: none"> <li>• Many things can be prepared in advance and refrigerated for 2 to 3 days. Or make extra pasta/salads/frittata for dinner and use leftovers for lunchboxes.</li> <li>• There are also lots of simple, quick recipes for homemade snacks that don't contain large amounts of sugar. Children can also get involved in making these at weekends and these can be included in lunchboxes.</li> <li>• Google 'healthy lunch boxes' for further inspiration too!</li> </ul>			



### Lunch Box Inspiration

According to NHS guidance, a balanced lunchbox should contain:  
 Starchy foods like bread, rice, potatoes or pasta | Protein foods like meat, fish, eggs or beans | A dairy item, like cheese or yogurt | Vegetables or salad and a portion of fruit.

### Lunchbox Swaps

Crisps	↑	Plain popcorn or rice cakes
Cakes and sweet buns	↑	Fruit teacake, fruit bread or malt loaf
Fruit bars / winders	↑	Dried fruit (raisins, apricots, banana chips)
Chocolate mousse	↑	Sugar free jelly
White bread, rolls and wraps	↑	Wholemeal or a combination variety (such as Best of Both)
Biscuits and cookies	↑	Handful of dry low-sugar cereal (such as Shreddies)
Cheese dunkers	↑	Hummus/guacamole/tomato salsa and veggie sticks (e.g. sliced carrot, cucumber or peppers, sugar snap peas, mangetout)

### Lunchbox tips

The power of novelty → Fruit kebabs, cookie cutter shaped sandwiches, healthy dips.

Freeze water bottles or fromage frais → Keeps lunchboxes cold and is also a cool treat.

Sliced bread alternatives → Wraps, bagels, crackers, pitta, crackerbread

Options for children that don't like sandwiches → Boiled egg, hummus and veggie sticks, bread sticks, pasta salad, mixed rice salad

Heat it up! → A thermos lunchbox or flask will keep beans, stew, pasta, rice etc hot until lunchtime.

Keep costs low – make the most of their favourite dinner left-overs.

### 100 Calorie snacks

NHS healthier families now recommends that packaged snacks for kids should be 100 calories or less, and maximum two per day. Please visit their web page for examples.

The NHS guidance is a great start but creating packed lunches that are both interesting and healthy can be a challenge (particularly if you are working to a budget and are short on time). Here are just a few lunchbox swaps that may help with healthy option ideas and lunchtime variety.

For more information and lunchbox ideas visit: <https://www.nhs.uk/healthier-families/reasons/healthier-lunchboxes/>

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## NHS EATWELL GUIDE

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

**Water, lower fat milk, sugar-free drinks including tea and coffee**  
E.g. a day

**Limit fruit, juice and/or smoothies to a total of 150ml a day.**

**Choose wholegrain or higher fibre versions with less added fat, salt and sugar**  
Potatoes, bread, rice, pasta and other starchy carbohydrates

**Choose unsaturated oils and use in small amounts**  
Oil & spreads

**Choose lower sugar, lower saturated fat and lower salt**  
Dairy and alternatives

**Choose foods lower in fat, salt and sugars**

**Check the label on packaged foods**  
Each serving (100g) contains:  
Energy 420kJ (100kcal) | Fat 10g | Saturates 5g | Carbohydrate 15g | Protein 3g  
of an adults reference intake:  
13% | 20% | 7% | 30% | 15%

**Typical values per 100g (dry weight)**

**Typical values per 100g (dry weight)**  
Choose foods lower in fat, salt and sugars

**Eat at least 5 portions of fruit and vegetables every day**

**Eat more beans and pulses, 2 portions of sustainably sourced, fish per week, one of which is oily. Eat less red and processed meat**  
Beans, pulses, fish, eggs, meat and other proteins

**Eat less often and in small amounts**

**NUT FREE**  
We are a nut-free school, this means that in addition to any food produced on the premises we ask that you please do not include nut products in your child's lunchbox. For example:

- Peanut or almond butter
- Nutella or choc/nut spreads
- Kinder-style products (that contain hazelnuts)
- Cereal bars containing nuts
- Pesto.

**EVFS & KS1**  
Health & Safety Guidelines require **grapes are cut in half** when included in your child's lunchbox along with anything else grape sized, some examples include:

- Cherry Tomatoes
- Olives
- Radishes
- Cocktail Sausages

**PORTION SIZE**  
A child-sized portion is defined by the NHS as 80g fruit / vegetables, or 30g dried fruit.