

Healthy School Lunch and Snack Policy

Devoran School



Approved by:	Headteacher	Date: May 2025
Last reviewed and approved on:	May 2022	
Next review due by:	May 2027	

Policy Statement

At Devoran school, we believe that healthy eating is essential for children to enjoy good physical health, emotional wellbeing, and successful learning. A balanced diet helps children feel energised, stay focused, and reach their full potential. We aim to encourage children to develop an enjoyable, healthy, balanced relationship with food. With poor diet quality linked to rising levels of childhood obesity, tooth decay, and other health concerns, we are committed to supporting our families in providing nutritious meals and snacks. Together, we can help children build positive eating habits that last a lifetime.

Aims

- To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.
- To ensure that all packed lunches (consumed in school or on school trips) and school lunches provide students with healthy, nutritious food that is at least in accordance with the School Food Standards.

[School meals - food standards - GOV.UK](https://www.gov.uk/school-meals)

Objectives

- To promote a whole-school cross –curricular approach to nutrition.
- To promote consistency between packed lunches and food provided by schools.
- To reduce consumption of free sugars.
- To make a positive contribution to children's health, reducing risk of obesity, illness, and tooth decay.
- To encourage a happier and calmer population of children and young people.
- To make clear what food and food products are appropriate or inappropriate for school consumption.

Implementation

- This policy applies to all students and staff for all food brought into school, for eating within school or on school trips.
- It has been produced after consultation with children, staff, parents, and governors.

The Policy

Lunches

- The school will provide appropriate and attractive facilities for students eating both school and packed lunches and ensure that free and fresh drinking water is available at all times.
- The school will work with parents to encourage packed lunches and snacks meet the standards as indicated below.
- Wherever possible, the school will enable students eating packed lunches and pupils eating school lunches to sit together.

Packed lunch contents

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-animal protein source (e.g. lentils, beans, chickpeas, falafel) every day.
- Oily fish such as salmon or mackerel at least once every 3 weeks, ideally once a week.
- A starchy food such as unseeded wholegrain bread, rolls, pittas, and wraps, wholegrain pasta, rice, couscous or potatoes every day.
- A dairy food such as milk, cheese and natural yoghurt every day.
- A drink of water or milk every day.
- A small dessert item or yogurt (reduced sugar – within the daily recommendations)
- Crisps, including vegetable crisps (baked, healthier varieties)

Restricted lunch items

- Pastry items such as sausage rolls and pies no more than once a week.
- Meat or poultry products (e.g. salami, sausage etc., bought or homemade) no more than once a week.

Prohibited lunch items

No sugary soft drinks such as squash, fizzy drinks, sports drinks, flavoured water, smoothies or milkshakes, even if labelled as 'sugar-free', 'no added sugar', or 'reduced sugar'.

Breaktime Snacks – please only choose from this list

Please note that we are working together as a school community to reduce the use of plastic wrappers and single-use packaging, as these have a harmful impact on the environment. We encourage families to consider reusable containers and eco-friendly alternatives when preparing snacks.

- **Vegetables and fruit**
- **Rice cakes, breadsticks or crackers**
- **Cheese cubes**
- **Savoury sandwich**

Prohibited snack items

Snacks should not be ultra processed, these include: crisps, confectionery, flavoured yoghurts, chocolate coated products, cakes and biscuits, cereal bars, or fruit bars, e.g. fruit winders,

Special diets and allergies:

Important Allergy Awareness Notice

Please be aware that we are a **strictly nut- and seed-free school**. Parents and carers are kindly reminded to carefully check the labels of all food items brought into school to ensure they **do not contain nuts, seeds**. *Please also be aware that many dips contain seeds, e.g. humous, pesto and tahini.*

The school has a clear procedure in place to manage and respond to individual allergy and dietary requirements.

In line with guidance from the Food Standards Agency, we ask all families to be mindful of the 14 main allergens, which are: celery, cereals containing gluten (such as wheat, rye, barley, and oats), crustaceans (such as prawns, crabs and lobsters), eggs, fish, lupin, milk, molluscs (such as mussels and oysters), mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

For more information, please see the links below.

[School meals - food standards - GOV.UK](https://www.gov.uk/government/publications/school-meals-food-standards)

<https://www.allergyuk.org/information-and-advice/for-schools>

<https://www.food.gov.uk/business-guidance/allergen-information-for-different-business-types>

<https://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3>

Curriculum

At Devoran, children learn about Healthy Eating through topics such as nutrition, the functions of different food groups, and how diet affects the human body. Children are taught to identify the components of a balanced diet and understand how nutrients contribute to growth, energy, and health. Complementing this, our Jigsaw PSHE programme reinforces these concepts by encouraging children to make positive lifestyle choices. It explores the impact of healthy eating on physical and mental wellbeing, helping pupils develop healthy habits, understand portion control, and make informed decisions about food as part of a wider approach to self-care and personal responsibility.

Involvement of parents/carers

Parents of pupils wishing to have packed lunches or bring snacks are expected to provide their children with packed lunches which are in line with this policy. Parents will be notified of changes to food and nutrition in school via letters home, parents evening, the school website, and school newsletters. We understand that for some of our children a more individualised food plan is required and we will work with parents and children to discuss any adaptations required. Please contact the office to discuss this further.

Assessment, evaluation, and review

As part of our whole-school approach to promoting healthy lifestyles, we kindly ask that all packed lunches and snacks follow our Healthy Lunch and Snack Policy. Our aim is to encourage and support healthy eating habits among all pupils. If a packed lunch or snack regularly does not fully align with the policy, an informative leaflet may be placed in the lunchbox to provide helpful guidance and suggestions. Should this happen regularly, the school will contact parents or carers to discuss the matter in a supportive way and, if appropriate, arrange a meeting to work together in the best interest of the child's health and wellbeing. We appreciate your cooperation and partnership in helping children make positive, lifelong choices around food.

Sharing the policy

- The school will ensure that all parents/carers are aware of the policy by sharing information via the [school newsletter, website, prospectus, assemblies, letters home etc.].
- The school will use opportunities such as Meet the Teacher events and Parent meetings to promote and emphasise this policy as part of a whole school approach to healthy eating and health and wellbeing.
- The policy will be shared with all school staff, including teaching and catering staff.
- If you have any questions or queries, please contact the office.