

# Kington St Michael CE Primary School

## Healthy Lunchbox Guidelines

What is included in your child's lunchbox is entirely up to you as parents and we do not 'police' school lunchboxes.

However, we would expect and encourage healthy and balanced food to be in every child's lunchbox. Try to avoid the high sugar/high fat bars and crisps. We do not allow children to swap/share food from their lunchbox as this results in parents not being able to monitor what their child is eating.

A lunchbox is a perfect opportunity to teach children the importance of a healthy and balanced diet and it is a good idea to involve your child in the planning, preparation and packing of their lunchbox. You can talk to them about what needs to go in and why certain foods are kept as treats. Talk about '5 a Day'.

The children are given plenty of time to eat their packed lunch (between 20 and 30 minutes) but we would urge you to only put in what you feel they should be eating. Putting too much in can often put a child off and worry them because they know they will not be able to eat it all. Uneaten food will be left in your child's lunchbox so that you are able to see what has, and has not, been eaten.

Please ensure that your child's lunchbox is clearly named. It is always a good idea to have an insulated box/bag or an icepack in the lunchbox - especially in the warmer months.

Here are some pointers to remember:

- Strictly NO peanut butter is allowed in school
- No glass bottles/containers
- No chocolate bars (a small chocolate covered biscuit such as a Penguin is allowed)
- No sweets (these get shared around too much)
- No hot soups/drinks
- No fizzy drinks