

### **MCPA Lunchbox statement.**

*This document was requested by the parent focus group and its content agreed. The staff and school council also reviewed the policy prior to its publication and sharing with the children in assembly.*

We recognise that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our academy aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

We will 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 lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration. We are also unable to warm-up any food for children.

It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will send it home in their lunch box in order for you to see.

#### **Packed lunches may include:**

At least one portion of fruit and or vegetable (this could include a dried fruit)

Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)

A sandwich

A starchy food such as bread, pasta, rice, noodles

Dairy food such as cheese, yogurt, fromage frais

A smoothie or yogurt drink

A bottle of water

A biscuit not coated in chocolate

Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.

Eating utensils if necessary

#### **Packed lunches should avoid:**

Confectionery such as chocolate bars, chocolate coated biscuits and sweets.

Fizzy drinks.

A large amount of cake/doughnuts.

'Fast food' such as chips, burgers, fried chicken and hotdogs.

Sausage rolls and pies should only be included occasionally.

We will send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations set out above.

Parents who continue to provide their children with an unhealthy lunch following receipt of a guidance letter will be invited into school to meet with our academy nurse for further support.