



# Oaklands Primary School

## Drinks, Snacks and Packed Lunch Policy

### Overall aim of the policy:

To ensure that food brought from home and consumed in school (or on schooltrips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Children in Foundation Stage, Year 1 and Year 2 will receive a piece of fruit or vegetable at school, however parents may send in additional fruit for snack if they wish. Children under 5 will also receive a free drink of milk daily.

### Drinks:

It is important that children keep hydrated during the day. We encourage children to drink water regularly whilst learning so please provide a water bottle for them to use in class which we will top up as necessary.

The school has four external water fountains available for children to use during playtimes.

### Snacks and Lunches:

It is school policy to encourage healthy eating in school therefore we ask that children bring into school for snack or lunches:

- Fruit, vegetables or a cereal bar.

Please do not include sweets, chocolate bars and fizzy drinks for snacks or in lunch boxes though biscuit based chocolate bars are a good alternative.

We do not have facilities to store packed lunches in fridges so please do send them in cool bags/boxes with ice packs in warmer weather to prevent the food from spoiling.

**PEANUTS ARE NOT ALLOWED IN SCHOOL IN ANY FORM** as we have pupils with severe peanut allergy. Some children may require special diets as well as having certain allergies so for that reason we **do not permit children to swap food or drinks** in school.

### Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or othertype of cereals every day.
- dairy food such as, cheese, yoghurt, fromage frais or custard everyday
- water, fruit juice, yoghurt or milkdrinks and smoothies.

Please also visit: [NHS - Healthy Lunch Ideas](#) or [BBC - Health Lunch Recipes and Ideas](#)