

The effectiveness of a school food policy is affected by the implementation of the policy and by the support of parents.

Families whose children must observe a special diet should inform the School Administration so special attention will be given according to their condition.

Healthy Lunchbox Policy

The Overall aim of this policy is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide students with whole, healthy and nutritious food. 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 on healthy dietary choices so that they can make their own informed choices independently when they are older.

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

Lunchbox may include:

- At least one portion of cut-up pieces of fruits and or vegetables (this could include a dried fruit)
- Non-dairy protein (e.g. lentils, chick peas, hummus)
- A starchy food such as bread, plain pasta, rice
- Dairy food such as cheese, Labneh,
- A smoothie or yogurt drink
- A bottle of water
- A biscuit not coated in chocolate, kaak, rice cakes



Lunchbox should avoid:

- Sweets such as chocolate bars, chocolate coated biscuits.
- Fizzy drinks.
- Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.
- Canned foods
- Processed meat
- Hard candy
- Artificially colored beverages
- Fried chips

