



## Healthy Lunch Box Internal Policy



## Overall aim of the policy

We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in our academy and which is now regulated by national standards.

This policy has been developed to:

- Make a positive contribution to children's health and our commitment to gaining the Healthy Schools Status.
- To promote consistency between packed lunches and food provided by our academy which should adhere to national standards set by the government.
- To contribute to the self-evaluation for review.

This policy applies to all pupils and parents providing packed lunches to be consumed within our academy or on school trips during normal school hours.

Food and drink in packed lunches.

- The school will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- The school will provide attractive and appropriate dining room arrangements.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks, where possible.

Packed lunches might include:

- At least one portion of fruit and one portion of vegetables e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, mango cubes.
- Meat, fish or other source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, peanut butter and falafel.
- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, yoghurt or fromage frais.
- Light chocolate snacks, which are predominantly wafer or cereals are allowed.

Fizzy drinks, juices and flavoured water are not allowed. Water will be provided during lunchtimes and throughout the school day.

Our alternative suggestions to snacks such as crisps include:

- Savoury crackers or breadsticks served with a dip.
- Vegetables and fruit.
- Cereal bars.
- Dried fruit.

Our alternative suggestions to snacks such as chocolate bars include:

- Sugar free jellies with fruit.
- Cakes and biscuits in moderation.
- Fruit, vegetables.

High fat meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.

Special diets and allergies.

We need to be aware of children who have nut allergies or equally important diagnoses. The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are to be responsible for ensuring that packed lunches are as healthy as possible and agree to liaise with school staff regarding any diagnosed dietary need.

Linked Policies.

- PSHE and Science.

Dissemination of the policy.

- The school will speak to all new parents/carers to inform them of the policy.
- The policy will be available on the school's website and will be incorporated into the school prospectus.
- The school will use opportunities such as parents' evenings, the School Newsletter, cookery demonstrations for parents, Healthy Eating days and food technology to promote this policy as part of a whole school approach to healthier eating.
- All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

September 2016

# What's in a healthy lunchbox?

## "Healthy"

A healthy packed lunch should include



## "Unhealthy"

A packed lunch should avoid



Source: Food Standards Agency