



**CE Academy**

# Healthy Lunchbox Policy



Reviewed – January 2024

Next Review date – January 2026

## **Aim**

The overall aim of the policy is to ensure that packed lunches brought from home and consumed in the academy (or on school trips) provide the pupil with a healthy, nutritious and balanced diet.

## **Why the policy was formulated**

The government has placed a duty on schools and academies to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and **The School Food Trust**, which encourages healthy eating.

Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.

St Botolph's CE Academy meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. These lunches also provide a good balance of 'complex carbohydrates' such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

This Healthy Lunchbox Policy applies to all pupils and parents/carers providing packed lunches that are eaten within the academy or on school trips.

## **Food and drink in packed lunches**

- The academy will provide facilities for pupils bringing packed lunches and ensure that free, fresh drinking water is readily available at all times. The water available will be plain water or fruit infused water.
- The academy will work with the pupils to provide appropriate dining room arrangements. During the warmer months, pupils with packed lunches will be able to eat their lunch outside like a picnic.
- The academy will work with parents/carers to ensure that packed lunches abide by the standards set out below.
- Pupils need to bring their packed lunches in an appropriate container where they will be securely placed in preparation for lunchtime. In most classrooms, trollies are provided to keep each classes lunch boxes together.
- Pupils are permitted to use insulated bags with freezer blocks to keep the food cool.
- Pupils are able to bring extra clear water bottles (containing only still plain water) to have with their packed lunches.
- Pupils must only eat their own food and not other children's food.

## **Guidance**

### **Packed lunches should include:**

- At least one portion of fruit and/or vegetables everyday
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, wrap or salad).
- Oily fish, such as salmon or tuna occasionally.
- A starchy food such as brown/wholemeal bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as cheese, low fat yoghurt, fromage frais or custard.

**Packed lunches could include these foods but not every day and only as part of a balanced meal.**

- Buns/cake bars.
- Plain or chocolate coated biscuits.
- Cereal bars/Snack-a-Jacks.
- Meat and pastry products such as sausage rolls or pies.
- Snacks such as crisps.

**Packed lunches should not include:**

- Chocolate confectionery/bars and sweets.
- Hot foods, e.g. soup is not permitted in lunchboxes.
- No drinks of any kind in the dining room. Fresh drinking water will be provided for everyone.
- Nuts or nut products are not permitted because of the danger to other children or staff with allergies.

### **Special Diets/Allergies**

The academy recognises that some pupils may have verified medical conditions requiring special diets or cultural/religious beliefs which may impact on diet. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

**For these reasons pupils are:**

- **Not permitted to swap food items.**
- **Not permitted to bring in nuts and nut products in packed lunches.**

### **Assessment, evaluation and reviewing**

Packed lunches are reviewed by members of SLT, middle leaders and lunchtime supervisors as part of the daily supervision of the pupils.

**Please note:**

- We rely on parents/carers to support this policy and work with the academy to ensure that their children are provided with a balanced healthy lunchbox.
- If a pupil regularly brings a packed lunch that does not conform to the policy (this includes bringing clear bottles of plain, still water for daily drinks) then the academy will contact the parents/carers to discuss this.

This policy will be available on the academy website.

All academy staff, including teaching and catering staff, will be informed of this policy and will support its implementation.