



## Lowerhouse Junior School, Burnley

HEALTHY LUNCHBOX POLICY	
Written By	G.Lloyd
Date	April 2025
Date of Review	September 2026

*Inspiring a lifelong love for learning*

*Aspiration*

*Integrity*

*Respect*

*Resilience*

*Aspiration Integrity Respect Resilience*

At Lowerhouse Junior School we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

### **Aim of Policy**

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon's learning:
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents/carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners, taking into consideration cultural and religious beliefs and observations.

### **Ideas for a healthy lunchbox**

**The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children. The recommended contents of a healthy lunch box are:**

- At least one portion of fruit (e.g. small apple, grapes, dried fruit, cherry tomatoes) should be included each day
- At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) should be included each day
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day
- Dairy foods such as milk, cheese, yogurt, fromage frais or custard should be included each day.
- Drinks should be water, pure fruit juice, semi skimmed or skimmed milk, yoghurt or milk drinks (avoid high sugar ones) and smoothies.
- One small biscuit e.g. kit-kat, penguin, club, cake bar etc. – This is equivalent to a school meal dessert

**At Lowerhouse Junior School we want healthy, waste-free balanced lunch boxes so we want you to as much as possible to try and avoid;**

- Snacks such as crisps (alternatives include savoury crackers, breadsticks, and seeds)
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads and flapjack or plain biscuits.
- Lunch boxes should not regularly include items such as cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies as these are high in fats and salts.

**Packed lunches should not include:**

- Fizzy drinks, drinks with added sugar or sweeteners
- Flasks, drinks in glass bottles or ring pull cans
- The remains of the previous day's take-away/hot food (due to health and safety guidelines).

## **The school's responsibility**

The school will ensure that eating food from home is a social experience where they will assist children eating school meals. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, with hygienic and attractive seating and space to eat
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures.

## **Special diets and allergies**

The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers must inform the school of this and are responsible for ensuring the food from home is specific for the child's needs. The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. nut allergy).

## **In implementing the policy the school should aim to:**

- Inform parents and carers and pupils of the policy via letter, the school newsletter and the school website, including ideas for a healthy lunch box.
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating.
- Lunchtime raffle tickets, certificates and stickers given by lunch time staff.
- Ensure that all school staff including teaching, catering, lunchtime and the school nurse are informed of the policy and support its implementation.

## **Monitoring and evaluation of this policy**

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents regularly fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle. We will also discuss with parents and carers if food from home is regularly not eaten by their child.

This policy will be available on the school's website and will be incorporated into assemblies and whole school ethos. The school will use opportunities such as new parents' induction meetings, healthy weeks and family cooking workshops to promote this policy as part of a whole school approach to healthier eating. All staff will be informed of this policy in order to support its implementation.