Flanshaw JIN School

Lunch Box Policy

Approved by:	Governing Body	**Date:**	09/09/26
Last reviewed on:	September 2026		
Next review due by:	September 2028		

LUNCHBOX POLICY

Aims and Objectives

We are committed to promoting the health and wellbeing of all our pupils. As part of this commitment, we recognise the important role that a healthy, balanced diet plays in supporting children's growth, development, and learning. This school food and drink policy has been developed to ensure that the food brought into school by pupils reflects our values around nutrition and health, complements our approach to healthy school meals, and supports consistency across the school day.

This policy sets out clear guidelines and expectations for the contents of packed lunches brought from home. It is designed to help parents and carers provide nutritious meals that meet children's dietary needs, support positive eating habits, and align with national guidance and standards.

We aim to work in partnership with families to create a supportive food culture that encourages lifelong healthy eating habits and contributes to a healthier school environment for everyone.

The aims of this whole school food and drink policy are to:

1. Promote healthy eating habits
Encourage children to eat a balanced, nutritious lunch that supports their physical health, mental wellbeing, and ability to concentrate and learn effectively.

2. Support consistency across the school day
Ensure that the food brought from home complements the standards of the food provided by the school and reinforces consistent messages about healthy eating.

3. Educate pupils and families
Provide guidance to pupils, parents, and carers on making informed, healthy food choices, in line with national dietary recommendations.

4. Foster a positive food culture
Create a school environment where healthy food is valued and celebrated, and where children are encouraged to try a variety of nutritious foods.

5. Reduce the risk of diet-related health issues
Help prevent childhood obesity, tooth decay, and other health problems by supporting better food choices at lunchtime.

6. Support inclusion and safety
Ensure packed lunches respect the dietary needs of all pupils, including allergies, intolerances, religious or cultural requirements, and medical conditions.

7. Minimise waste and promote sustainability
Encourage the use of reusable containers and reduction of single-use packaging in packed lunches to support environmental responsibility

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 in securing the best for every child.

Our aim is 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 schools, which is regulated by national standards.

We will provide a safe, healthy and social eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times
We will work with parents/carers to try to ensure that packed lunches contain items of the food groups/Eatwell Plate.

Guidelines

The following guidelines for lunchbox contents and frequency of serving for each item mirror the statutory guidelines for school provided meals. This ensures equality of entitlement for all children.

Packed lunches should include:

- At least one portion of fruit and or vegetable every day.
- Meat, fish or other source of non-dairy protein if vegan (e.g. lentils, chick peas, and houmous) every day.
- A starchy food such as bread, pasta or rice every day.
- Dairy food such as cheese, yoghurt, fromage frais every day.
- A small pack of crisps (baked, not fried)
- A biscuit (Not a chocolate bar)
- Water

Packed lunches should not include:

- Confectionery like sweets, chocolate bars – instead include fruit, flapjack.
- Soft drinks –this includes fruit juice, cordials/ squash, fizzy drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children
- Chocolate spread as a sandwich filling.
- NUTS AND NUT PRODUCTS SHOULD NEVER BE SENT TO SCHOOL BECAUSE OF ALLERGY CONCERNS.
- CHILDREN MUST NOT SWAP FOOD ITEMS BECAUSE OF ALLERGY RISKS.

Our children will learn about the importance of healthy eating through Science lessons, assemblies and our annual Healthy week.

Monitoring and Review

On a daily basis, our Lunchtime Supervisors in school will see what children have in their lunchboxes as a matter of course as they are supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and congratulate them if a lunchbox has a good balance across the food groups. In this way they will be aware of children who bring high fat/sugar content food on a

daily basis. At no time will a child be made to feel ashamed of their lunchbox contents. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and will not do so. We want to work with parents to help educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. We have the best interests of our children at heart.

Dissemination of the policy

- The school will send the policy to all parents/carers via Parent Hub
- The policy will be available on the school's website for reference.
- The school will use opportunities such as parents' evenings to promote this policy as part of the 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.

This policy will be reviewed at least every three years. Any major legislative or governmental changes regarding school food may lead to this policy being amended before the review date. Any changes will be shared accordingly with parents and carers.