



Healthy Lunchbox Policy

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The Prince Albert Community Trust
Healthy Lunchbox Policy

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Rationale

At the Prince Albert Community Trust, we aim to educate our pupils with the skills, knowledge and understanding to enable them to make informed, healthy lifestyle choices. To do that effectively, we aim to work in partnership with parents, carers, and staff in securing the best outcomes for every child. The following policy seeks to outline clear recommendations for what constitutes a healthy lunchbox, healthy snacking and healthy drinks. The policy applies to all pupils, parents and carers providing packed lunches which are consumed within school or on school trips.

Aims

- To ensure pupils have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy, and appealing eating environment for pupils, bringing in packed lunches and ensuring that free, fresh drinking water is always available.
- To help children develop an understanding of nutrition and a balanced approach to healthy eating.
- To support parents and carers in providing a healthy packed lunch and snacks that meets the same standards as food provided at school dinners and consider cultural and religious beliefs and observations.

Guidelines

The following guidelines for lunchbox contents come from the statutory guidelines for school provided meals. This ensures equality of entitlement for all pupils.

The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. All types of bread, crackers, pasta or potatoes
- At least one portion of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable
- Meat, fish, eggs, beans, and other non-dairy sources of protein
- A portion of milk or dairy food e.g. yoghurt
- A drink e.g. a small carton of milk, juice, squash or a bottle of water

Packed lunches should not include:

- Cooked items and/or the remains of take away/hot items (due to health and safety guidelines)
- Crisps or other such snacks (Quavers, Skips etc)
- Confectionary such as chocolate bars, chocolate coated biscuits, sweets or cakes
- Fizzy drinks and energy drinks

Special diets and allergies

The Prince Albert Community Trust recognises that some of our 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 such cases, parents/carers are responsible for ensuring the food from home is specific to the child's needs and available at their school. Parents/carers are also responsible for informing their respective school of any specific dietary requirements or allergies as soon as they are aware. The Prince Albert Community Trust does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. nut allergy).

Healthier drinks

Prince Albert Community Trust encourages all pupils to choose healthy drink options such as water and lower fat milk. Free fresh drinking water is always available to pupils throughout the day. In line with [NHS guidance](#) and recommendations, the following drinks are permitted during the school day:

- Plain water (still or carbonated)
- Lower fat milk or lactose-reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)

- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals but no more than 150ml of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice by volume.

Energy drinks

Prince Albert Community Trust does not permit children to bring in energy drinks. In line with NHS guidance, energy drinks are not suitable for children, especially those under 16, due to the large quantities of caffeine and sugar they contain.

Water bottles

Pupils at Prince Albert Community Trust are encouraged to bring a water bottle into school for use throughout the school day. These bottles can also be used for the purpose of out of school activities such as trips and sporting events. Water bottles must remain at the pupil's respective school and should be taken home frequently to be washed thoroughly. If, for any reason, a water bottle is lost or damaged, staff should inform parents/carers as soon as possible for them to purchase a replacement bottle. Pupils have access to clean drinking water throughout the day at the school's drinking fountains. Staff encourage all pupils to drink water frequently throughout the day and during the lunchtime period.

Monitoring and evaluation

Lunchboxes will be monitored on a regular basis by staff from the Prince Albert Community Trust. Frequent monitoring provides opportunities for staff to talk with pupils about their lunchboxes and encourages healthy eating habits. In line with this policy, we will remove crisps, chocolate bars and any other items inconsistent with this policy from lunchboxes where necessary. These will be returned at home time. If lunchbox contents **regularly** fall short of the expectations in this policy, schools will send a reminder home to parents/carers and, where necessary, inform external agencies, such as the school nurse, for further advice and support regarding healthy eating. Prince Albert Community Trust aim to work with our whole school community and provide further education about healthy dietary choices in order that pupils, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

Dissemination of the policy

The policy will be available on all our school's websites and will be incorporated into daily life in each of our schools. Schools will use opportunities such as parents' evenings to promote this policy as part of a whole school approach to healthier eating. Staff across the Trust will be informed of this policy and will support its implementation to embed a whole school healthy eating ethos.