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**The Fierté Multi-Academy Trust**

# Healthy Lunchbox Policy



## Document and Version Control

<b>Document Title</b>	Healthy Lunchbox Policy
<b>Effective Date</b>	Spring 2023
<b>Policy Owner</b>	Catering Manager
<b>Policy Approver</b>	Trust Board

Version	Date	Amended by	Comments
V1	Spring 2019	L. Smith	Issued
V2	Autumn 2020	L. Smith	Equality statement added
V3	Spring 2022	L. Smith	<ul style="list-style-type: none"> <li>• Rewording to ensure following Government guidance</li> <li>• What should be in healthy lunchbox</li> <li>• Added Aims</li> <li>• Update contact details</li> <li>• disclaimer</li> </ul>
V4	Spring 2023	L. Smith	See below

Section	Changes Made
Starchy foods	Nut Advice
Incl. a drink	Advice on juice
Snacks	Nut advice

Healthy eating is a priority for our Trust and as you can see from our lunchtime menu's we work hard to ensure that our children have a healthy balanced lunch and follow the governments nutritional food standards. Food plays a vital role in our children's wellbeing, from the Trust's point of view children that are eating a good balanced diet have better concentration levels which leads to better learning and behaviour. Alongside this we are developing behaviours in other areas such as PE and science to give children the knowledge and exercise required to enable them to have a healthy balanced lifestyle.

As a parent you get the choice of whether your child stays for school lunches or not and I appreciate there are many factors when considering this. Due to this we have put together a few guidelines to help with packed lunches and inform you of which items are not allowed as part of our lunch box policy.

### **What should be in a healthy lunchbox?**

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all the nutrients they need to stay healthy. A packed lunch made at home can be a healthy and delicious choice and gives a parent or carer control over the foods and ingredients included.

A school lunchbox should:

#### **Be based on starchy foods**

- This can include potatoes, bread, pasta, rice, couscous, wraps, pitta and chapatti. Where possible wholegrain varieties should be chosen, e.g. wholemeal bread and leave skins on potatoes. Please avoid sending in any pesto sauces on pasta as these contain nuts.

#### **Include plenty of fruit and vegetables**

- Include 1-2 portions and vary these throughout the week.
- You could add sliced vegetables into a pasta dish or sandwich.
- You could also include packs of chopped fresh fruits or individual packs of dried fruits.

#### **Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein**

- Use beans, pulses, fish, eggs, meat, and other sources of protein as sandwich fillings or in a salad. **Please do not send in chocolate spread, this is hard for us to monitor whether it contains nuts or not.**
- If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add a yogurt or some cheese, such as a Cheddar stick, to the lunchbox.
- If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.

## Include a drink

- Healthy options include water, semi-skimmed or 1% milk.
- You could also give your child fruit juice or smoothie – but remember, fruit juice and smoothies should be limited to a combined total of 150ml a day, this can only be classed as one of your 5 a day.

## Snacks and healthier treats

Although some cakes and savoury snacks are allowed, these should be minimised to one per day, and it is a good idea to select healthier options where possible. Having a healthy lunch does not mean you can't allow any treats. However, it is trust policy **not** to send in any chocolate bars or biscuits covered with chocolate. Chocolate flavoured however is allowed at this contains less calories. Please avoid sending in any of the Kinder bars as these contain nuts.

- Whole or sliced fruit.
- Vegetable sticks, e.g. celery, carrot, pepper, cucumber. Some vegetables are naturally baton shaped which can save you time preparing, for example, sugar snap peas and baby corn.
- Bag of plain popcorn.
- Bread sticks.
- Rice or corn cakes.

Another option of a healthier treat is to make individual bags of dried fruit by placing a small handful of mixed dried fruits, into food bags or sealed containers. However, children should avoid dried fruit as a break time snack as they are high in sugar and can be harmful to their teeth. Instead, dried fruit should only be offered at mealtimes.

## School meals

It may be worth considering whether your child could have a school meal as meals served in schools in the have to comply with regulatory standards for the foods provided and it is often easier to get the essential nutrients children need into a cooked meal than into a packed lunch. Some families may be entitled to free school meals, if you feel you may meet the criteria, please click onto this link <https://www.gov.uk/apply-free-school-meals>

## Children in KS1 and reception are entitled to government funded free school meals.

Remember a child's stomach is only the size of their fist, only send in what you know they can manage to eat.

## Fierté Rules

- Drinks should not be fizzy, energy drinks are not allowed there are approximately 13 teaspoons of sugar in 200ml. Keeping fit and eating well gives our children all the energy they require. Look for drinks that say school compliant as a guideline or fill cannisters with sugar free squash or water and save the planet.
- **No** chocolate or chocolate covered biscuits or sweets should be sent into school, please keep these for a treat at home where you can monitor the number of treats.

- Finally, we do ask that **no nuts** or products containing nuts are sent into school, we appreciate that these are a good source of protein however we do have children with severe nut allergies, and this could be life threatening to them.

## Aims

Our aim is to keep all children and staff in our care, free from any nut contamination.

To prevent anyone in our care from having an anaphylactic reaction.

To prevent any cross contamination from different areas around school to the allergen sufferer.

Please note Fierté cannot be held responsible for any item containing nuts that have been brought into school from another source. As far as reasonably possible we will avoid using “may contain nuts” in any of our menus. However, there may be instances when we cannot guarantee this.

This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any individual and it helps to promote equality across Fierté Multi- Academy Trust.

Should you require any further assistance please contact the Trust Catering Lead Linda Smith by email: [lsmith@fierte.org](mailto:lsmith@fierte.org)