Richard Lander School

Healthy Lunchbox and Snack Policy

Policy Effective From: September 2026

Responsibility: Healthy Schools Coordinator/Deputy Head/Head/Governing Body

Reviewed and monitored by: Healthy Schools Coordinator/Deputy Head/Head/Governing Body

Review Date: September 2027

Rationale

At Richard Lander School we aim to educate our students 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.

Aims

- To ensure children have a suitable lunchtime 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 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 and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation.

Guidelines

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:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable
- 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.
- One small biscuit e.g. kit-kat, penguin, club, cake bar etc. – *This is equivalent to a school meal dessert*

PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A NUMBER OF CHILDREN WITH ALLERGIES

Packed lunches should not include:

- Chocolate bars, or sweets
- Fizzy drinks.
- Hot food (due to health and safety guidelines)

Monitoring and evaluation

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 Richard Lander School students about healthy dietary choices so that they, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

Healthy snacks can include:

- Fruit
- Vegetables
- Dried fruits
- Cereal bars
- Crackers

Please do not send children to school with crisps, chocolate or sweets

Dissemination of the policy

- The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal etc.
- The school will use opportunities such as new parents meetings and Healthy Lifestyle weeks to promote this policy as part of a whole school approach to healthier eating.
- All school staff, including; teaching, pastoral, catering staff, will be informed of this policy and will support its implementation.