Yeading Junior School

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Healthy Lunchbox Policy

At Yeading Junior School, we aim to educate our children with the skills, knowledge and understanding to enable them to make healthy lifestyle choices. To do this 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 pack lunch.

To help children develop an understanding of healthy 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.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel)
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy food such as milk, cheese, yoghurt.
- Only water

Packed lunch should not include

- Snacks such as crisps.
- Confectionery such as chocolate bars, chocolate covered biscuits and sweets.
- Fizzy drinks/Juices
- Nuts and nut products.

Special Diets /Allergies

The school recognises that some pupils may have verified medical conditions requiring special diets, which may impact on diet. In this case, parents/carers are urged to contact the school welfare assistant to discuss dietary requirements.

For these reasons pupils are not permitted to swap food items.

Children are not permitted to bring nuts and nut products in packed lunchboxes.

Monitoring and evaluation

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. On a daily basis whilst supervising in the dining hall the staff monitor what children have in their lunchboxes, this is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. 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.

Read more about healthy lunch boxes:
https://www.gov.uk/school-meals-food-standards

Reviewed: October 2026