

Lunchboxes, Portion Sizes and Food Policies.



Telford & Wrekin
Co-operative Council

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Lunchboxes:

Lunchboxes and food policies are a common concern for schools.

Children can opt to have a school meal, school sandwich(not available at all schools) or bring in their own lunchbox.

When children are bringing in their own lunchboxes this is sometimes when school's find the unhealthier options being brought into schools.



Food/Lunchbox Policy – why do schools need it?

Food/Lunchbox policies can help a school with :

- ✓ Reducing the amount of sugar, salt and ultra processed food the children are consuming
- ✓ Promoting healthy eating and nutrition
- ✓ Supporting children's concentration and learning
- ✓ Tackling inequalities in diet and health
- ✓ Address allergies



Lunchbox Policy – example available for schools

Knowing where to start is sometime the hardest part.

To make things easier we have created a Food Policy Template, here you can cover all things food in your school from:

Food in the Curriculum to packed lunches.

This is your policy so remove or add what is needed for your school.

To access resource please sign up to our school health and wellbeing audit by email

health.improvement@telford.gov.uk



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Food Policy Template

This template is only guidance delete or amend as fits for your school

1. Aims of the food policy

The aim for this section is to highlight why you have created this policy. What are you hoping this policy will help you achieve? We have put some examples below but edit and change to reflect your school.

The main aims of our food policy template are:

- To ensure children are provided with healthy and nutritious food whilst on school premises the follows government requirements and food brought into school is also in line with this.
- To ensure children are taught about food so that they are able to make healthy and informed choices
- The whole school promote health and wellbeing and cultivate a positive food environment

2. Food curriculum

A food policy is not just about food provided and eaten on school premises. This section gives you the opportunity to demonstrate how you support pupils to develop their knowledge of food and nutrition across the curriculum. It's not just about teaching them the Eatwell plate but where food comes from, cooking meals

Healthy eating is included in the RES requirements. However food and nutrition can also be incorporated into science, English, maths, DT, history, geography etc.

This is also a good time to highlight any extra-curricular opportunities you have to further pupil learning and experience.

Food and nutrition education is embedded throughout our school curriculum giving pupils lots of opportunities to learn about different aspects of food and nutrition. These can be found here in the curriculum:

School Ideas for Lunchboxes/Lunchbox Policies

- Involve your school council to find out what is in lunch boxes, develop a lunchbox campaign to encourage changes.
- Hold workshops for parents/carers to find out what school deem acceptable foods for pack lunches / find out more about the school catering provisions such as 'Let's Dine'.
- Involve parents/carers from the start of the consultation so they feel involved in the process.
- Include links to ideas for parents/carers when creating pack lunches.

[Healthy lunchboxes - Food A Fact Of Life](#)

[Lunchbox ideas and recipes – Healthier Families - NHS](#)



Top Tips for Parents/Children and School:

Free Food Scanner App
(Download from App store)

Activity with children, scan items in their lunch boxes, class points for items in the green.

Have resources that show parents what an ideal lunch box looks like

Hold a workshop for parents/carers to attend? Idea run by school council?

Involve lunchbox ideas during lesson e.g decorate a paper plate with ideas

School Council to introduce lunchbox policy/campaign to parents



Top Tips - Better Health Healthier Families:

Keep them fuller for longer:

Base the main lunchbox items on foods like bread, rice and pasta chose wholegrain where you can.

Tinned fruit counts too:

A small pot of tinned fruit in juice not syrup.

Get them involved:

Involve the children in preparing and choosing what goes in their lunchbox.

- [Lunchbox ideas and recipes – Healthier Families - NHS](#)



Portion Sizes:

Having a healthy balanced diet is about **how much** as well as **what we eat**.

Understanding the right portion size for ourselves and our families can help get the balance right.



Portion size measures using your child's hands:

Get portion wise

Adult and child portion size chart



Your palm



One handful



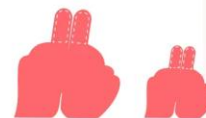
Your fist



Your full hand



Two cupped hands



Your two thumbs



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- Schools Health and Wellbeing Programme:

-**Schools H&W Toolkit:** if schools sign up to the Health & Wellbeing offer they will gain access to the schools toolkit.

[Schools Health & Wellbeing Archives -](#)

- Schools webinars

Healthy Telford and partners are bringing you a programme of webinars to upskill your knowledge on a range of health and wellbeing topics.

[Schools Health & Wellbeing webinar series 2025/2026 –](#)

-**Healthy Lifestyles:** Free 12 sessions. Either face to face or online.

[Telford & Wrekin Council | Healthy Lifestyles Service](#)

Telford's friendly Healthy Lifestyle Advisors are here to support you make the change in your life that you always wanted to make. For free and confidentially.



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-Stop Smoking: Free 6 structured sessions over 12 weeks. Either face to face or online

[Telford & Wrekin Council | Help to stop smoking](#)

The Healthy Lifestyles Services offer a free 12-week programme to help you to stop smoking. This can be via face-to-face appointment, video call, or telephone call.

-Do It For: The 'Do It For...' Campaign is designed to support residents to make small and sustainable healthy changes via a 12-week email campaign.

[The 'Do It For...' campaign –](#)

Thank You
Any questions?

