

Lunch Box Policy



Approved by the Governing Body: Sept 20

Next review: Sept 22

Our vision is to inspire happy, **courageous**, independent, curious and creative, life-long learners. We aim for all to achieve their full potential, striving both academically and socially with **humility** and **dignity**.

We believe being anchored in Jesus Christ will guide us all with **hope**, **compassion** and **wisdom** in becoming successful members of a global community.

St Clement's C of E Academy Lunch Box Policy

The aim of the policy:

To encourage healthy choices for all children in the school by ensuring that all food and drinks brought from home, consumed at school or on school trips provide pupils with healthy and nutritious food.

All food served in school between 8am and 6pm is governed by legislation. This includes breakfast clubs, tuck shops, packed lunches prepared by school catering staff, lunch time food and after school clubs. It is therefore important to have a comparable policy for food and drink brought from home.

The policy embraces the Every Child Matters Agenda, the right of every child to:

- Stay safe
- Be healthy
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

It is intended to:

- Make a positive contribution to children's health
- Support the school's Healthy Schools status
- Encourage a happier and calmer school population
- Promote consistency between food brought from home and food provided by the school

The policy applies to:

- All food brought from home to be consumed in school at lunch time or at other times during the school day including on a school trip
- All staff eating food brought from home within school or on a school trip in the presence of pupils

The school's responsibility

The school will ensure that eating food from home is a sociable experience where staff will provide integrated and wrap around care. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures

Special diets and allergies

- The school recognises that some 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 these cases parents and carers are responsible for ensuring the food from home is specific for the child's needs.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g. Nut allergy)

On Monday to Thursday we would like all Lunch Boxes to include:

- ✓ At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) should be included each day
- ✓ At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- ✓ Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) should be included each day
- ✓ Oily fish such as salmon at least once every three weeks
- ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day
- ✓ Dairy food such as milk, cheese, yoghurt, fromage frais or custard should be included each day
- ✓ Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies



On 'Fun' Fridays, all children can bring in/ have in their lunch box, 1 medium size snack (chocolate/ crisps/sweet/biscuits) that they can eat at break time. Children having school dinners will not be allowed to eat snacks at lunchtime. Fizzy pop and chewing gum are not allowed on any day.

Aim to Avoid

- ✖ Snacks such as crisps (alternatives include savoury crackers, breadsticks, cereal bars, nuts and seeds)
- ✖ Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include sugar free jellies, small cakes, shortbreads and flapjack or plain biscuits)
- ✖ Fizzy drinks, drinks with added sugar or sweeteners
- ✖ Flasks, drinks in glass bottles or ring pull cans
- ✖ The remains of the previous days take-away

Lunch Boxes should not regularly include items that are high in fat or salt. For example:

Cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies

This policy runs alongside our Food in School Policy which covers what should and should not be bought into school for Health and Safety reasons. This means that the following items should not be bought into school:

Packs of nuts

Peanut butter snacks

Nutella/ Chocolate Spread sandwiches

Chocolate bars or sweets that contain nuts

Cakes made with nuts

Mid - Morning Break.

This should be kept in their school bag, along with their water bottle if appropriate.

- Fruit - If your child is unable to peel the fruit, please peel for them and wrap or store in a suitable way.
- Tuck shop- Fruit and sugar free drinks are available at the front of school each morning
- **No chocolate or sweets should be sent to school.**

Implementation of the policy:

We will:

- The policy expectations are in place from Monday to Thursday and children are allowed to bring in an item from the not recommended list of 'Fun Fridays'
- Ensure that all school staff including teaching, catering, lunchtime and the school nurse are informed of the policy and support its implementation
- Train staff to support the implementation of the policy
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating
- Waste containers will be provided for rubbish, but children will take uneaten food home so that parents and carers are aware of what their child has/has not eaten.

On a daily basis the staff in school see what children have in their lunchboxes as a matter of course as we are supervising in the hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents **regularly** fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.

Assessment, evaluation and reviewing.

Healthy lunches will be rewarded with stickers and verbal congratulations/letters home etc.

Linked Policies.

Food in School, PSHE and Science.

Review of the policy:

The policy should be reviewed every 2 years or if guidance changes, by the Head teacher, Healthy Schools Lead

Pastoral team, and the governing body

This will include evaluation of teaching and learning activities, staff training and the monitoring of food choices. The impact on healthy eating in school will be assessed by looking at feedback from teaching staff about behaviour and concentration of children eating a packed lunch.

"Healthy"

A healthy packed lunch should include



"Unhealthy"

A packed lunch should avoid



Source: Food Standards Agency

Updated Sept 2020

Review date: Sept 2022