

Clarendon Junior School



Whole School Food & Packed Lunch Policy

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupils with healthy and nutritious food.

School setting:

All pupils need to bring a packed lunch to school each day - unless they are entitled to Free School Meals.

Policy Review:

This policy has been created to achieve the following outcomes:

- To make a positive contribution to pupils' health and our Healthy Schools status.

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed:-

- within the school
- on school trips during normal hours.

Food and drink in packed lunches:

- Clarendon Junior School will provide dining facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- Clarendon Junior School will work with the pupils to provide attractive and appropriate dining room arrangements.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags or containers, with contents which may be appropriately stowed in the cloakrooms.
- Staff leave uneaten food in children's lunch boxes so that parents can see what their child has eaten.
- All packaging from lunchboxes is sent home. The school does not have the waste bin capacity to take packaging and uneaten food from lunchboxes.
- Clarendon Junior School will work with parents to ensure that packed lunches abide by the standards listed below.

Government guidelines indicate that a healthy balanced lunchtime diet should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every 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.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only small bottles/cartons of water, juice or milk.
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

Packed lunches should not regularly include:

- Snacks such as crisps. Instead, include vegetables and fruit (with no added salt, sugar or fat).
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.

Packed lunches cannot include:

- Nuts or nut based products such as peanut butter, Nutella (or similar) chocolate spread and nutty cereal bars or any other products which list nuts as an ingredient.
- Canned drinks, whether carbonated or still.
- Confectionary items such as chocolate bars and sweets.

Free School Meals - Packed lunches will include:

- Sandwich, roll or wrap. On Fridays, a home-made or pizza or pasta pot will be provided.
- Crisps, occasionally.
- Yogurt
- Piece of fruit
- Biscuit or cereal bar

Our staff monitor the contents of children's lunchboxes and will contact parents if they deem that some foods are classified as not meeting the school's policy.

A small chocolate biscuit treat, such as a kit-kat, one finger twix, penguin biscuit etc is acceptable. A good rule of thumb is to imagine the biscuit and chocolate aisle of well-known supermarkets. If you can buy it from the biscuit section, it is OK. If it would usually be found in the chocolate and sweets section (and this includes items such as mini milkyways/mars bars etc), then it is not acceptable.

Special diets and allergies

Clarendon Junior is an allergy aware school.

If your child has any allergies, please contact the school for support and advice.

Following the latest guidelines regarding the management of allergies in schools, children may now bring in items which state 'may contain nuts' or 'traces of nuts' on the packaging, **but not those that list nuts as an ingredient.**

Clarendon Junior School also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

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

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff / midday assistants.

If a child regularly brings a packed lunch that does not conform to the policy then Clarendon Junior School will contact the parents to discuss this.

Dissemination of the policy:

Clarendon Junior School will write to all new and existing parents/carers to inform them of the Policy via the newsletter.

The Policy will be available on the Clarendon Junior School's website and will be incorporated into Star of the Week assemblies with the Clarendon Cabbage Award.

All staff, including teaching and catering staff and the school nurse, will be informed of this Policy and will support its implementation.

Dated: May 2022

Review: May 2025

Other sources of help and advice for families

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html?limitstart=0>