



**CASTLEFORD
PARK JUNIOR ACADEMY**

Lunch Box Policy

Castleford Park Junior Academy

May 2017

Review Date : May 2020

Lunch Box Policy

At Castleford Park Junior Academy we aim to educate our children 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 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 abides by the regulations of the British Nutrition Foundation.
- To ensure all children have a suitable midday meal that sustains and prepares them for their afternoon learning.

Guidelines

- The following guidance for lunchbox content comes from the Statutory Guidelines for School Provided Meals. This ensures equality of entitlement for all children.

The policy embraces the Every Child Matters Agenda and recent National School Food Standards guidance (Jan2015) and it is intended to:

- Make a positive contribution to children's health
- Encourage a happy and calm school population
- Promote consistency between food brought from home and food provided by the school
- Support the school's Healthy Schools status
- Keep all children safe (e.g. allergies, healthy diet)

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 recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta, tortilla wrap 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 source of protein - Meat, fish or other source of non-dairy protein each day (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel)
- Dairy food such as cheese, yoghurt, fromage frais or custard each day
- One small biscuit or cake e.g. soren malt loaf, flapjack, shortbread, cereal bar or cake bar etc. – **This is equivalent to a school meal dessert**
- Please note that a drink is not needed if you do not want to provide this, as fresh water will be made available for every child.

- **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 and carers 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.

Healthy Snacks

If your child wishes to have a healthy snack at break time, we do supply a tuck shop. They can bring money in from home to purchase something. In our tuck shop we have a selection of cheeses, yoghurts, fruit, cereal bars, scone malt loaf and water.

Children can also bring in healthy snacks from home which can include:

- **Fruit**
- **Vegetables**
- **Dried fruits**
- **Cereal bars**
- **Crackers**
- **Please do not send your child with crisps, sweets or chocolate.**

A good website for inspiring packed lunch options:

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

Dissemination of the policy:

The policy will be available on the school's website and will be incorporated into the school routine. 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, lunch time supervisors and catering staff, will be informed of this policy and will support its implementation.

Review and Evaluation:

- The policy will be reviewed annually every 3 years or in accordance with the Health and Safety Guidance of the National Foods Agency guidance.

Written by Miss A Dixon May 2017

Review May 2020

Signed  _____ Date: May 2017

Miss K. Law Headteacher

Signed _____ Date: May 2017

A. Dixon