

# Clewer Green CE Aided First School

## *Inspiring Children*

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*Vision: Every child has been blessed by God with unique potential. Our vision for Clewer Green is to inspire and nurture children in a safe, happy and caring Christian community, where everyone is valued and enjoys learning.*

## **HEALTHY LUNCH BOX GUIDELINES**

These guidelines should be read in conjunction with our [Nut Allergy Awareness Policy](#) and our [Allergens Statement](#).

### **Aim**

Our aim, in line with our distinctively Christian values, is for every child to have the support that they need, and by example and direct teaching, promote a Christian ethos within the school whilst recognising that not all of its members will be practising Christians.

### **Overall Aim:**

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

### **Objectives**

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes
- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well-being in later life.

### **What the Guidelines State:**

Packed Lunches should include:

- At least one portion of fruit and one portion of vegetable every day;
- One portion of meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas) every day;
- Oily fish such as salmon at least once every three weeks;
- A starch 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, or custard everyday;

Only water, still or sparkling, fruit juice, semi skimmed or skimmed milk, yoghurt or milk drinks and smoothies to drink. (No fizzy pop).

- Free, fresh drinking water will be available to all children.

- Milk

### **Packed Lunch should not include:**

- Fizzy drinks
- Snacks such as crisps should not be included. Instead seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionary such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally
- Nuts of any description as we have a number of pupils who have a nut allergy. Instead of crisps you could include, seeds, vegetables and fruit, savoury crackers or breadsticks served with fruit, vegetables or dairy food.

### **Special Diets and Allergies**

The school 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 not permitted to swap food items.

### **Health and Safety**

The school cannot provide cooled storage areas for foods prepared at home and then brought into school. Lunchbox storage is provided on trolleys designed for the purpose. Pupils are advised to bring packed lunches in insulated bags/lunch boxes with freezer blocks where possible to stop the food going off.

Glass bottles and tins are not permitted due to safety issues that could arise.

Wherever possible we will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.

### **Freedom day**

–feel free to choose crisps one day a week as a treat, preferably on Thursdays when school lunches include chips.

'Everything in moderation. School lunches have fish and chips, so packed lunch should have a bag of crisps day'

(Clewer Green parent)

Revised: May 2020

Review date: May 2021

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Sarah Langley, Chair of Governors