

# start a junk amnesty in your school

How many packs of crisps, bars of chocolate and bottles of fizzy drinks are coming into your school unchecked? Do you, as a teacher or parent, really know how much junk food your kids are actually eating?

Jamie organised a junk amnesty in Greenwich to see how many rubbish snacks the kids were bringing in and the results were frightening.

## here's how to organise a junk amnesty in your school

1. Plan the day with staff in advance but keep it secret from kids and parents. Involve everyone in your school: teachers, dinner ladies, lunchtime supervisors.

2. Sort out an incentive for handing in the junk, so the kids get an immediate reward. In Greenwich, we gave them a free voucher for our new healthy midday snack service which turned out to be a great way to get if off to a good start.

Nora set up a snack bar where she sells things like flapjacks, popcorn, salad boxes, baguettes and panini. All her food sells like magic and she's making money for her kitchen again after losing income when she stopped selling crisps and other unhealthy snacks.

See if you can get the girls in the kitchen to come up with their own alternatives for midday break and gear them up to launch it on the same day as the amnesty.

If you haven't got a kitchen, look at what your suppliers can provide as healthy alternatives for tuck. Things like fresh sandwiches, fruit muffins and salad packs are great.

3. Work out how much an incentive for the kids might cost and weigh this up against the benefit of getting kids to stop bringing junk into schools.

4. On the day:

- Do it without any warning.

- Check everyone's bags and get them to hand in the stuff they've got squirreled away in pockets and lunch-boxes. This includes all fizzy drinks, snacks and sweets that wouldn't be allowed under the new school meal standards.

- Count up the packs, weigh it all and work out how much rubbish the kids eat on an average day in your school. Show it at assembly the next day. See if you can get the local nutritionist to come in and explain to the kids why this stuff is bad for them. The Killer Facts

information on this website will help you.

Check out these websites for more information:

- Food Standards Agency  
[www.eatwell.gov.uk/helathydiet/nutritionessentials/fatsugars/salts](http://www.eatwell.gov.uk/helathydiet/nutritionessentials/fatsugars/salts)

- British Nutrition Foundation  
[www.nutrition.org.uk](http://www.nutrition.org.uk) and [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

5. Afterwards:

- Tell the parents to make sure they know what's going on. Let them know how much junk food is coming into school on an average day and what it's doing to their children's bodies.

- Ask them not to send their child to school with sugary or salty snacks, or fizzy drinks.

- Ask them to find out how much pocket money their children are spending on junk on the way to school.

- Ask them to sign up to a total ban on junk food on the school premises. You might be surprised at how much support you get.



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