



Healthy Eating Policy

We encourage children to have healthy food in their lunch boxes. Here are some suggestions for lunch boxes

Bread and Alternatives

Wholemeal bread, white bread, scones, fruit brack, rice cakes, pitta bread, crackers, rolls, tortilla breads, wraps, cracottes, baps, oat cakes, quiche, pizza

Fillings

Lean meat, fish, cheese, salad, egg, chicken, turkey, banana, tomato, jam, marmalade, peanut butter, pate

Drinks

Milk, water, pure fruit juice, diluted drinks, smoothies, yoghurts, soups, sugar free/low sugar drinks

Snacks

Fruit, chopped vegetables, cheese cubes, dried fruit (raisins, sultanas, apricot, banana, pineapple), nutri-grain cereal bars, (not the chocolate ones or the high in sugar content) plain popcorn, fruit brack, bread sticks, banana bread, carrot cake, tinned fruit(in its juice), fromage frais, yoghurt, plain nuts, seeds (pumpkin seeds), potato cakes, flapjacks, fruit muffins, muesli bars, pasta, rice, etc

What should not be included in a healthy lunch?

Crisps, salted nuts, popcorn, chocolate, sweets, lollipops, jellies, chewing gum, cake, biscuits, pastries, doughnuts, chocolate spread, fizzy isotonic, or sports drinks, flavoured milk

- Treats are allowed on special occasions such as birthdays
- All types of fruit should be peeled for younger children
- Cans and glasses are not permitted for safety and litter reasons.
- Try to keep which have wrappers to a minimum to help reduce our litter and waste.