



Healthy Eating and Snack Policy

Aims

- To ensure all children have access to healthy, balanced and nutritious food during the school day—whether through school meals or packed lunches.
- To support our school vision of *Being Our Best Self* by promoting healthy eating and lifestyle habits as part of our commitment to making learning irresistible.

Why Do We Need This Policy?

Healthy eating is essential for children's physical development, concentration, behaviour and long-term wellbeing. Schools play a vital role in shaping children's food choices and habits. This policy is designed to:

- Educate children and families about nutritious food
- Create a consistent approach to food across the school
- Support national health initiatives and school food standards

This policy applies to all pupils and parents/carers providing packed lunches and snacks for consumption during school hours or on school trips.

Benefits of Healthy Eating

Eating well helps children to:

- Maintain energy and focus throughout the school day
- Develop strong bones, muscles and immune systems
- Establish lifelong healthy habits
- Reduce the risk of obesity, diabetes and heart disease

Nut-Free School: Due to allergies, we ask that no nut-based products (including peanut butter and cereal bars containing nuts) are brought into school.

School Meals

All school meals meet the School Food Standards set by the Department for Education. They include:

- A variety of starchy foods (e.g. wholegrain bread, pasta, rice, potatoes)
- At least one portion of fruit and one portion of vegetables daily
- A source of protein (e.g. meat, fish, eggs, beans)
- A dairy item (e.g. milk, cheese, yoghurt)
- Water or milk as the default drink

Universal Infant Free School Meals

All children in **Reception, Year 1 and Year 2** are entitled to a free school meal. We encourage families to take advantage of this offer. It's a great opportunity to expand children's diets in a supportive environment.

Eligibility-Based Free School Meals

Families receiving certain benefits may qualify for free school meals for older children. If you think you might be eligible for free school meals, please contact the school office and request a pupil premium brochure which contains details in what pupil premium is and how to find out if you are eligible.

Packed Lunches and Snacks

What you might like to include

A healthy packed lunch should contain:

- **Fruit and vegetables:** Aim for at least one portion of each. Fresh is best, but tinned (in juice), dried or frozen options are acceptable.
- **Starchy foods:** Wholegrain bread, wraps, pasta, rice, couscous, or potatoes
- **Protein:** Lean meats, fish, eggs, beans, lentils, hummus or nut-free alternatives
- **Dairy:** Low-fat yoghurt, cheese or milk-based products (check sugar content)
- **Drinks:** Only water or milk

Items Not Permitted

To support healthy choices and reduce sugar and salt intake, the following are **not allowed**:

- Fizzy or sugary drinks
- Sweets or chocolate bars
- Confectionery of any kind
- High-sugar cakes, pastries or high-sugar cereal bars

If these items are regularly included, we will contact parents/carers to support healthier alternatives.

Snacks at Break Time

Permitted snacks include:

- Fresh fruit or vegetables
- Plain rice cakes or breadsticks
- Low-fat cheese portions
- No added sugar or salt products

Occasional Items

We understand that some flexibility may be needed. The following items may be included occasionally, but not daily:

- Chocolate-coated biscuits
- Small cakes or muffins (preferably homemade and low in sugar)
- Sausage rolls or pies (preferably lean and low-fat)
- Crisps or other high-fat savoury snacks (occasionally)

These items are **not permitted at break time**.