



Healthy Eating Policy

As a school we aim to work in partnership with parents in endeavouring to cultivate healthy eating habits for all our children. We will work with all partner agencies to adopt a sensible approach to all matters relating to healthy eating. We would be very grateful to have your support in following the standards we have adopted.

Morning Play snack	Fresh Fruit or Vegetables may be brought from home or healthy snacks may be purchased from the kitchen.		
	Permitted	Restricted Foods (permitted on Fridays only)	Not permitted
Packed Lunches	Sandwiches Fruit and Vegetables Yoghurts and yogurt drinks Healthy 'treats' – like fruit bars, dried fruit etc. Water, Fresh fruit juice, fresh milk, smoothies Cheese Cakes Biscuits Cereal bars	Jam sandwiches Crisps Milk shakes Chocolate spread	Nuts Peanut Butter Hot Soup Sweets Canned pop like Pepsi etc. Previously hot cooked rice, previously hot cooked meats such as chicken or burgers, as these will not be safe to eat unless kept refrigerated

Lunchbox Rules

Allowed Foods	Restricted Foods (permitted on Fridays only)	Banned Foods
<ul style="list-style-type: none"> • Sandwiches • Fruit and Vegetables • Yoghurts and yogurt drinks • Healthy 'treats' – like fruit bars, dried fruit etc. • Water, Fresh fruit juice, fresh milk, smoothies • Cheese • Cakes • Biscuits • Cereal bars 	<ul style="list-style-type: none"> Jam sandwiches Crisps Milk shakes Chocolate spread 	<ul style="list-style-type: none"> Nuts Peanut Butter Hot Soup Sweets Canned pop