



Believe, Trust and Be Ready

“That they may have life, and to the full” John 10:10

St. Vincent de Paul Catholic Primary School: September 2024

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	Reception and KS1 will be provided with free fruit/vegetables via the National Fruit Scheme. Key Stage 2 children can bring in fruit (fresh or dried) or vegetables for playtime.		
	Permitted every day	Restricted Foods <i>(permitted on Fridays only)</i>	Not permitted
Packed Lunches	<ul style="list-style-type: none"> • Sandwiches/Wraps • Fruit and Vegetables • Yoghurts and yogurt drinks • Healthy 'treats' – like fruit bars, dried fruit etc. • Water, Fresh fruit juice, fresh milk, smoothies. • Cheese • Popcorn • Cakes • Biscuits • Cereal bars 	<ul style="list-style-type: none"> • Jam/chocolate spread sandwiches • Crisps including 'baked'. • Milk shakes 	<ul style="list-style-type: none"> • Nuts • Satay • Peanut Butter • Hot Soup • Sweets • Fizzy/Sugary Drinks