



Thank you for your support with this.

We need to learn good habits about healthy eating while we are young.

We will only have a bag of crisps or a small chocolate biscuit as a treat sometimes. We will not bring in sweets, lollipops or chocolate bars.

We will try to bring in at least one piece of fruit or one portion vegetables every day.

We will not bring in nuts or nut based spreads/

We will bring in water instead of fizzy drinks. We will only have fruit juice with our lunch.

We need a variety of food from all of the different food groups to make our lunch healthy.

We will remember our manners when we are eating and always say our lunchtime prayer together before eating.

us energy.

We know that it is important to try to eat all the healthy food in our packed lunch because it gives

We agree that:

**Kings Cliffe Endowed School
Healthy Lunch Box Policy**



Designed and written by King's Cliffe Endowed School Council—Updated September 2020

- Ideas for a healthy lunchbox:
 - Sandwich/wrap
 - Pasta
 - Soup
 - Yoghurt
 - Small piece of cheese
 - A small pot of crisps
 - A variety of fruits and vegetables
 - Only one small, sugary item occasionally
 - Water, milk or fresh fruit juices

We know we need some sugar and fats but too much can be unhealthy.
We will try to have a balanced diet.

- <https://www.kidspot.com.au/Back-to-School-Lunch-box-nutrition-Healthy-lunchbox-ideas+1756+181+article.htm>
- <https://www.netmums.com/family-food/food-for-kids/lunchbox-ideas>
- <https://www.flora.com/flora/healthy-eating/healthy-lunchboxes-and-snacks.aspx?gclid=Cjgwnabrm74CFdSh+AodthQA9Q&gclidsrc=aw>
- <https://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>

Websites for healthy lunch ideas:



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2022-23**

