



# Healthy Lunch Policy 2018-2019



Websites for healthy lunch ideas:

[www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx](http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx)

<http://www.flora.com/flora/healthy-eating/healthy-lunchboxes-and-snacks.aspx?gclid=CJqwnabrm74CFdShAodthQA9Q&gclidsrc=aw.ds>

<http://www.netmums.com/family-food/food-for-kids/lunchbox-ideas>

<http://www.kidspot.com.au/Back-to-School-Lunch-box-nutrition-Healthy-lunchbox-ideas+1756+181+article.htm>

We will try to have a balanced diet.

We know we need some sugar and fats but too much can be unhealthy.

Ideas for a healthy lunchbox:

Sandwich/wrap

Pasta

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

## Kings Cliffe Endowed School Healthy Lunch Box Policy

We agree that:

We know that it is important to try to eat all our lunch because it gives us energy.

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

We need a variety of food from all of the different food groups.

We will bring in water instead of fizzy drinks and we will try to drink as much as we need.

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

We will try to only have a bag of crisps or a chocolate biscuit as a treat sometimes.

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

Thank you for your support with this.





Designed and written by King's Cliffe Endowed  
School Council—Updated October 2018