



Thank you for your support with this.

We need to learn good habits about healthy eating while we are young.  
 We will try to only have a bag of crisps or a chocolate biscuit as a treat sometimes.  
 We will try to bring in at least one piece of fruit every day.  
 We will bring in diluted juice or water instead of fizzy drinks and we will try to drink as much as we need.  
 We need a variety of food from all of the different food groups.  
 We will remember our manners when we are eating and always say our lunchtime prayer together before eating.  
 We know that it is important to try to eat all our lunch because it gives us energy.  
 We agree that:

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



Designed and written by:  
 King's Cliffe Endowed Primary School Council

Ideas for a healthy lunchbox:  
 Sandwich/wrap  
 Pasta  
 Yoghurt  
 A small piece of cheese  
 A small pot of crisps  
 Apples, bananas, pears, blueberries, grapes (cut vertically to avoid choking), peaches, pepper, carrot sticks and cucumber.

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

<http://www.kidspot.com.au/Back-to-School-Lunch-box-nutrition-Healthy-lunchbox-ideas+1756+181+article.htm>  
<http://www.netmums.com/family-food/food-for-kids/lunchbox-ideas>  
<http://www.flora.com/flora/healthy-eating/healthy-lunchboxes-and-snacks.aspx?gclid=Cjwbnabrm74CFdSh+AodthQA9Q&qgclsrc=aw>  
<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>

Websites for healthy lunch ideas:



**Healthy Lunch Policy 2017-18**

