



Kings Cliffe Endowed School Healthy Lunch Policy



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

We agree that:

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

We will remember our manners when we are eating.

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

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

We will not bring in nuts or nut based spreads.

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

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

Thank you for your support with this.

Websites for healthy lunch ideas:

www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx

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

<https://www.kidspot.com.au/kitchen/recipes/collections/healthy-lunch-box-recipes>

<https://realfood.tesco.com/curatedlist/lunchbox-ideas-for-kids.html>

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



Designed and written by King's Cliffe Endowed School Council