

Healthy Eating Policy



Policy Aim

The aim of this policy is to promote the development of lifelong healthy eating habits by ensuring that all children consume nutritious, well-balanced lunches during the school day. By fostering a positive attitude towards food and nutrition, we aim to support the overall physical and mental well-being of each child, thereby contributing to a healthier school environment.

Healthy Lunch Guidelines

To support a balanced diet, we strongly encourage children to bring a lunch that includes a variety of nutritious foods from the main food groups. Recommended items include:

- Wholemeal or wholegrain bread, wraps, or pitta
- Fresh fruits (e.g., apples, bananas, berries, grapes)
- Raw vegetables (e.g., carrot sticks, cucumber, cherry tomatoes)
- Protein sources such as lean meats (e.g., chicken, turkey), eggs, cheese, fish (e.g., tuna), and salad
- Dairy options such as plain or low-sugar yogurt or yogurt drinks
- Healthy carbohydrate options such as pasta or rice salads
- Drinks: water or milk (unsweetened)

Occasional Treats

Foods that may be included on an occasional basis, and which are considered acceptable treats, include:

- Fresh fruit-based snacks
- Raisins or other dried fruit (unsweetened)
- Plain or low-sugar yogurt
- Wholegrain or digestive biscuits

Foods Not Permitted

To support the aims of this policy, **the following items are not permitted** in school lunches:

- Sweets or confectionery
- Crisps or similar savoury snacks
- Chocolate bars or snack bars containing chocolate
- Fizzy or sugary drinks (including energy drinks)

If a child brings these items to school, they will be asked to take them home. If no alternative food is available, the school will provide a suitable lunch to ensure the child is not without food.

Responsibilities

Parents/Guardians

Parents and guardians play a crucial role in supporting this policy. They are expected to:

- Provide a healthy, balanced lunch each day in line with this policy
- Reinforce healthy eating messages at home

- Inform the school of any dietary restrictions, allergies, or specific nutritional needs
- Support the school by ensuring that restricted foods are not included in their child's lunch

Children

Children are encouraged to:

- Eat the lunch provided by their parents/guardians
- Bring home any uneaten food so parents can monitor eating habits
- Take part in preparing their lunches where appropriate
- Follow school rules by not bringing prohibited food or drinks

School Staff

The school is committed to:

- Promoting and modelling healthy eating practices
- Educating children about nutrition and the benefits of a balanced diet
- Displaying the current Healthy Food Pyramid in all classrooms
- Teaching healthy eating as part of the **Social, Personal and Health Education (SPHE)** curriculum, particularly during the first term
- Monitoring compliance with the Healthy Eating Policy and addressing issues sensitively

Use of Sweet Treats by Staff

Teachers may occasionally reward children with a small treat to acknowledge improvements in behaviour, effort, or academic achievement. These treats will be used sparingly and in a manner that does not undermine the objectives of this policy.

Implementation and Review

This policy is actively and consistently implemented across the school. All staff, pupils, and parents are expected to support and uphold its principles.

The policy will be reviewed annually to ensure it remains aligned with national nutritional guidelines and reflects the evolving needs of the school community.