



HEALTHY LUNCHBOX CHECKLIST

GREEN FOODS: choose most items from this group

- Fruit & Vegetables: any
- Protein: meat, cheese, fish, houmous
- Dairy & Milk: yoghurt, drinking yoghurts, milk, cheese
- Carbs: Bread, breadsticks, crackers, rice cakes



AMBER FOODS—choose just one or two from this group

- Protein: processed meats and cheeses, like sausage rolls or cheese dips
- Dairy & Milk: milkshakes, chocolate mousse, rice pudding
- Starchy: Crisps, cakes, biscuits, pastry items



RED FOODS: these are not for school

- Nuts – we are a no nut zone.
- Chocolate bars
- Sweets

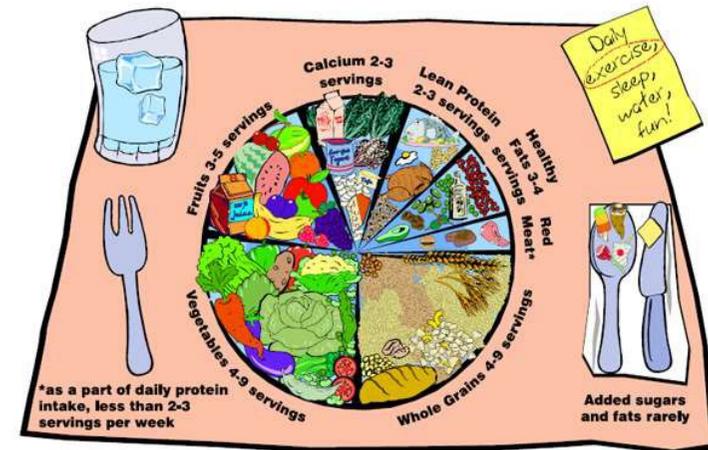


BLETCHINGLEY VILLAGE
PRIMARY SCHOOL

Aiming high • Working together • Achieving our best

Healthy Eating at School

It is important that children eat well and healthily during the school day, as this helps them to keep up their energy levels and achieve in their learning. This leaflet is a guide to food and healthy eating at St Catherine's.



Snacks:



- Fruit is provided free of charge for all children which they eat at or just after morning play-time.
- Children have access to water throughout the school day. We encourage children to buy a school water bottle and to bring it in every day.
- Children in nursery receive milk to drink during the morning.

School Meals:



- We encourage as many children as possible to have a school meal, as these are nutritious and cooked on the premises.
- Our kitchen staff get to know each child, and cater for their individual needs and tastes.
- There are opportunities for parents and children to taste sample meals, and regular special themed days and weeks when they can try new and different dishes.
- Nursery children can join our Nursery Lunch Club, which provides lunch and child care for an additional hour.
- All infant children are provided with a school meal free of charge.
- Junior (KS2) children can have school lunches for as many or as few days a week as they wish.

Lunch-boxes:



Children need to eat a healthy, balanced meal at lunch time.

Their packed lunch should contain mostly foods from the GREEN section (shown overleaf), with a little from the AMBER and none from the RED.

Children need to bring a drink, which should preferably be water or pure, diluted fruit juice.

As an eco-school, we would encourage you to send the children's lunch in re-usable containers and avoid products which create a large amount of packaging.

Children do not throw food or waste away at school; they will bring it home so that you can see what they have eaten.

Children are encouraged to eat most of what they bring, and staff will talk to you if they are concerned that a child is not eating enough.



WE DO NOT ALLOW CHILDREN TO BRING:

NUTS: The school operates as a nut-free zone

FIZZY DRINKS

GLASS BOTTLES

CHOCOLATE BARS OR SWEETS: this means anything that you would buy in a sweet shop or from the confectionery aisle of the supermarket.

CHILDREN ARE NOT PERMITTED TO SWAP or GIVE AWAY FOOD.