








Healthy Eating and Healthy Lunch Box Policy

Eating a balanced diet is really important. A balanced diet means eating from each of the five main food groups.

Food group	Nutrients	Examples
Grain foods 	Carbohydrate providing energy for brain and body. Choose wholegrain options for more fibre and longer lasting energy.	<ul style="list-style-type: none"> - All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf - Rice, pasta, crispbreads, rice crackers
Fruit 	Carbohydrate for long lasting energy, vitamins, minerals and fibre.	<ul style="list-style-type: none"> - Fresh whole fruits or cut up and placed in a container - Dried fruit mix, canned fruit
Vegetables 	Vitamins, minerals and fibre for healthy gut and strong immunity.	<ul style="list-style-type: none"> - Cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears - Carrot, celery and cucumber sticks - Salad vegetables or coleslaw in a sandwich
Milk, yoghurt & cheese 	Major source of calcium for strong bones and teeth.	<ul style="list-style-type: none"> - Milk poppers - Cheese slices, cubes or sticks - Tub of yogurt
Lean meats, fish, poultry, egg, nuts and legumes 	Protein, iron and zinc for growing bodies.	<ul style="list-style-type: none"> - Cold lean meats or chicken - Tinned fish such as salmon, tuna or sardines - Boiled eggs, baked beans, hommus

A nourishing diet is essential to a child's physical health, mental wellbeing, growth and development. Children eat around a third of their daily intake at school, which means the lunchbox is very important for overall health.

Fuel their body

Filling their lunchbox with nourishing foods can help give children the energy and nutrients they need to **GO**, **GROW** and **GLOW** throughout the day.



GO

These foods contain carbohydrates that kids use for energy to run, jump, think and play. **GO** foods include grainy breads and wraps, pasta, rice, oats or quinoa to fuel body movement and brain power.

GROW

Grow foods contain important nutrients for building strong muscles, bones and teeth. Include some **GROW** foods such as lean meats, eggs, legumes, dairy (milk, yoghurt, cheese) and calcium-containing dairy alternatives to help their bodies

GLOW

These foods are important for glowing skin and hair, eye health and a strong immune system. **GLOW** foods are vitamin rich fruits and vegetables. Include different coloured fruits and vegetables to increase the variety of nutrients.

Go foods		Glow foods		Grow foods	
1 Grain foods	2 Vegetables	3 Fruit	4 Milk, yoghurt and cheese	5 Meat and alternatives	
<ul style="list-style-type: none"> • Wholemeal, multigrain and high fibre white breads and rolls • Wraps and pita pockets • Focaccias and Turkish bread • Fruit bread • English muffin • Pasta, noodles and rice • Quinoa and cous cous • Crispbreads and corn cakes • Wholegrain crackers • Crumpets • Bagels 	<ul style="list-style-type: none"> • Cherry tomatoes • Celery, capsicum, cucumber or carrot sticks • Corn cob and baby corn spears • Air popped popcorn • Green beans, snow peas and sugar snap peas • Mixed lettuce • Leftover cooked vegetables • Lentils, chickpeas and kidney beans <div>Try serving crunchy vegies with hummus, tzatziki or salsa</div>	<ul style="list-style-type: none"> • Fresh fruit • Frozen fruit • Tub of diced fruit (in natural juice) • Fruit puree • Sultanas, apricots or other dried fruits • Fruit salad 	<ul style="list-style-type: none"> • Tub of yoghurt • Cheese stick, slices or cubes • Custard • Tetra pack of milk, flavoured or plain • Calcium fortified soy or other plant-based milks 	<ul style="list-style-type: none"> • Lean chicken, beef, lamb, pork or turkey • Hardboiled egg • Canned tuna or salmon in spring water • Lentils, chickpeas and kidney beans • Baked beans • Falafel balls • Tofu cubes 	

Fruit (or a suitable alternative) is provided daily to the children in EYFS, Year 1 and Year 2. KS2 children may bring healthy snack into school for morning break if they wish. We encourage all children to have a fresh, clean water bottle in school every day. Only water should be in water bottles, please can we request no juice, fizzy drinks or flavoured water. Keeping the brain hydrated with water is an excellent way to ensure that the brain is at full capacity to learn well.

At West Kirby Primary School Our aim is to ensure that all food consumed by children during the school day is healthy, nutritious and complies with the national food standards for schools. We want all children to eat well and enjoy both the food and the social experience of lunchtimes.

We offer lunch to all children in F2, Year 1 and Year 2 each day free of charge.

School meals for children from Year 3 -Year 6 are charged at a daily rate of £2.20 and are free for pupils eligible for Pupil Premium. Please ask at the School Office if you are unsure if you qualify.

All of the meals we serve comply with the government nutritional standards for schools. There is a choice of a hot meal or a cold lunch (deli bar) and a choice of dessert including fresh fruit and yoghurt. We cater for a range of dietary needs, allergies and 'fussy' eaters- just let us know the requirements of your child or ask to speak to Louise Morris our school cook.

We ask that all snacks and packed lunches provided for consumption during school time comply with the same national nutritional standards. We recognise that some children are 'fussy' eaters and that it may be a challenge to get some children to eat anything at all. We ask parents to let us know if this is the case so that we can encourage them with sensitivity. We ask children with packed lunch to take home anything they do not eat in school so you can see. We want to work in partnership with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.

We ask that lunchboxes contain types of items from the selection below...

- A bottle of water or 100% fruit juice, semi-skimmed milk or yogurt drink
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Fish, meat or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- Manufactured meat products and processed foods only occasionally
- Dairy food such as cheese, yogurt, fromage frais
- Savoury snacks such as crackers or breadsticks
- A biscuit, cake or cereal bar not fully coated in chocolate (but may contain chocolate occasionally)
- At least one portion of fruit and/or vegetable (this could include a dried fruit)
- Eating utensils/cutlery if needed and a clearly named lunchbox

If your child has a water bottle in class for the day, they can take that to lunch with them. They don't have to have two. Water is available for all children who have a packed lunch that they can collect themselves from the main serving area.

We ask that the following items are never put into packed lunches...

- Nuts or nut products (including peanut butter and Nutella) - as some of our children have serious nut allergies.
- In some cases, they don't have to consume a nut product to be affected. They can be affected by sitting next to someone who has a nut product.
- Fizzy drinks, cans or glass bottles.

On a **Friday** children may bring in a chocolate or crisp type treat in their packed lunch.

Please refrain from including the following items from Monday- Thursday...Fully coated chocolates, chocolate bars, sweets, crisps/crisp type snacks. The children who are on school meals will also only be served chocolate products e.g. chocolate cake, chocolate ice cream etc on Fridays.

On a daily basis our staff may see what children have in their lunchboxes whilst supervising in the lunch hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking.

If they see an item that shouldn't be in their lunch boxes, they will ask the child to save it for after school and offer a healthier alternative so that they are not hungry.

Healthy lunchbox ideas

[For further information you can watch this short video from British Nutrition.](#)

As always, we work with the best interests of the children at heart.