

Wyburns Healthy School Food Guide.

As an accredited Healthy School we encourage and promote healthy eating and healthy lifestyles.

We have, and will continue to

- Promote healthy cooking and lifestyle choices
- Run Cooking and gardening clubs
- Make water freely available
- Monitor our food supplier to ensure the quality of food served
- Hold school meal themes



A well balanced hot school meal for children, in the middle of the day, is an excellent choice. However, if you opt for a packed lunch from home, please note the following RECOMMENDED guidelines set out by the British Nutrition Foundation.

A child's lunch should include the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Please try to avoid including the following items in packed lunches:

- Sweets/ chocolate
- Fizzy drinks/sugary drinks

We would also **SUGGEST** that you think carefully before including the following on a regular basis as these foods fail to deliver the sustained energy needed by the children to learn effectively throughout the day.

- Crisps or any packeted savoury snacks high in salt and fat
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Chocolate

Please **DO NOT** include peanut butter or peanuts as we have children with allergies.

Children are encouraged to bring a one piece of healthy 'snack', fruit or low sugar bar/ nibbles to have at breaktimes. In Key Stage 1 this is provided and

consists of a portion of fruit or vegetables. In Key Stage 2 we encourage the children to continue this habit and ask that you avoid packeted snacks or chocolate.

A bottle of water should be sent in daily and can be refilled.

We hope that this advice is useful and if you feel that you require further help and guidance, please let us know so that we can investigate the possibility of running healthy lunchbox sessions.

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

Many thanks

Team Wyburns

