

Healthy Eating Expectations



Love, Learn, Live

At Great Kimble C of E School, we believe that children should learn about healthy eating and how to make healthy lifestyle choices. Therefore, we ask families to follow the school guidelines with regard to the food and drink that children bring to school:



Please provide water only in a named drink bottle. Water bottles are available to all children throughout the day as this will aid their concentration.



Reception and KS1 pupils will be provided with a piece of fruit or vegetable at break time from the Government Fruit and Vegetable Scheme. Pupils in KS2 are encouraged to bring their own fruit or vegetables for their break time but these must be fruit in its natural form and not 'Fruit Winders' or other similar highly processed products.



The Kids Packed Lunch Company currently provide lunches under the Infant Free School Meals Scheme for Reception and KS1, in line with Government guidelines for healthy eating.

Children who bring their own packed lunches should follow these guidelines:



NO NUTS or nut-based products as we have some children who are allergic to these



No sweets or bars of chocolate



No crisps



No smoothies or packaged drinks

- Your child may bring in a treat such as a small piece of cake, biscuit, fruit loaf etc.
- Please ensure that your child can open all packaging independently. For some children tube yoghurts are too difficult to open and eat.

If staff have concerns over a child's lunch these will be raised privately with the parent/carer and *not* addressed with the child in school.

Ideas for lunch boxes and snacks

Below are some ideas for lunch boxes to support healthy eating and promote energy for learning.

Mains:

- Pittas/Wraps/Sandwiches
- Pasta with tomato/vegetable sauce
- Rice salad with tuna and vegetables
- Hot flask of soup or warm food
- Humous with pitta, oatcakes or breadsticks, chopped cucumber, peppers, carrots, celery, cherry tomatoes
- Tinned tuna/salmon, chicken or egg salad with crunchy vegetables

Sides

- Fresh fruit salad
- Two pieces of fruit
- One portion of dried fruit and one fresh fruit
 - Cherry tomatoes
 - Raw carrot sticks
- Cucumber or celery sticks
 - Cheese
 - Yoghurt

Ideas for Extras

- Flapjack with dried fruit
 - Raisins
 - Plain popcorn
- Rice cakes (plain or flavoured)
- Blueberry or fruit muffin