



**Love ~ Respect ~ Shine**

## Healthy Lunchbox & Snack Policy

Version	Author	Policy approved by	Approval date	Review date	Changes made?
V1	P.Glynn	Full Governing Body	May 2021	May 2022	

Cheadle Catholic Infant School is a healthy school and in order to maintain this status it is important that we encourage our children to eat a healthy diet.

At Cheadle Catholic Infant School we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

### **Aims**

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation.

### **Lunch Boxes**

The recommended contents of a healthy lunchbox can be found at:-

[www.gov.uk/schoolfoodplan](http://www.gov.uk/schoolfoodplan)

### **Healthy Snacks**

All children in Cheadle Catholic Infant School receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme. The children have their fruit in the afternoon.

Some children also bring in a morning break time snack from home.

We want these snacks to be healthy.

Healthy snacks can include:-

- Fruit
- Vegetables
- Dried fruits
- Crackers
- Bread sticks
- Cheese
- Cereal Bars (parent's discretion)

PLEASE DO NOT SEND YOUR CHILD WITH CRISPS OR CHOCOLATE OR SWEETS

PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A NUMBER OF CHILDREN WITH ALLERGIES

Dissemination of the policy: The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, etc.

The school will use opportunities such as new parents meetings and Healthy Lifestyle weeks to promote this policy as part of a whole school approach to healthier eating.