



# Highbury Primary School

‘Valued as Individuals, Inspired and Nurtured as Learners’

Respect, Resilience, Confidence, Kindness, Inclusive, Aspiration

## Healthy Eating Policy

At Highbury Primary School and Nursery we like to promote healthy eating and encourage our children to eat a nutritionally balanced lunch. If your child has a packed lunch, please ensure that it contains the nutrients that they need and fewer foods that are high in sugar and saturated fat.

A balanced packed lunch should contain:

- Starchy foods – these include bread, rice, potatoes and pasta
- Protein foods – these include meat, fish and beans
- Dairy foods – these include cheese or yoghurt
- Vegetables or salad and a portion of fruit

Children often like food they can eat with their fingers so chop up raw vegetables such as carrots or peppers. Breadsticks and wholemeal crackers are also great finger foods and can be prepared with low fat spread or soft cheese.

Chocolate bars are not a healthy option and should **not** be included in your child’s packed lunch. Please replace these with fresh or dried fruit.

### Allergies

- Nuts should **not** be brought into school as several children have severe nut allergies. This includes Nutella and any other nut spreads.
- Eggs in their natural state should **not** be brought into school as we have a child with a severe egg allergy. Please avoid putting whole eggs, egg sandwiches or Scotch eggs in your child’s lunchbox. Products that include egg, such as sausage rolls and shop-bought quiche are fine. Please speak to a member of staff if you have any queries regarding this.

If you need any advice on preparing your child’s packed lunch, please speak to a member of staff.

Thank you for your co-operation.

Policy Reviewed: September 2020

Policy Review Date: September 2021

Nursery Manager: Rebecca Frost

Admin Officer: Angie Bayliss

Governor:

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