

Highbury Primary School & Nursery



Healthy Eating Policy

At Highbury Primary School & 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 nursery 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 nursery 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.
- **Coconut**, either in its natural state or as an ingredient in any processed foods, sun cream or lotions must **not** be brought into nursery as we have a child with a severe coconut allergy.

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:	June 2023	Nursery Manager:	Rebecca Frost
Review Date:	June 2024	Admin Officer:	Angie Bayliss

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