

# 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.

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# HEALTHY SCHOOL LUNCH IDEAS

<p style="text-align: center;"><b>FRUIT</b></p> <p>Applesauce Blueberries Raspberries Grapes Watermelon Strawberries Kiwi Orange Whole Banana Whole Apple</p>	<p style="text-align: center;"><b>VEGGIES</b></p> <p>Carrots Celery sticks Cucumber Shelled peas Bell Pepper Sugar snap peas Broccoli Cauliflower Sweet potato</p>	<p style="text-align: center;"><b>PROTEIN (&amp; HEALTHY FATS)</b></p> <p>Yogurt Cheese Hummus Guacamole Nut or seed butter Hard Boiled Egg Cooked beans Edamame Deli Meat</p>	<p style="text-align: center;"><b>CRUNCHY</b></p> <p>Dry cereal (low sugar) Whole grain crackers Almonds or other nuts Crispy chickpeas Rice cakes Sunflower seeds Plantain chips Baked tortilla chips Pretzels Pita chips</p>				
<p style="text-align: center;"><b>HEARTY FILLERS</b></p> <p>Spinach muffins (or bake as donuts!) Paleo banana snack cake Homemade granola bars Date Energy Balls Waffle or Pancake Hummus &amp; Veggie sandwich Veggie burger (or meatballs) Baked Egg Muffins or Frittata Egg &amp; Cheese sandwich Granola &amp; Yogurt Oatmeal Almond butter sandwich Tortilla roll-ups Quesadilla Leftover pizza Spaghetti or Pasta Salad Quinoa Salad</p>		<p style="text-align: center;"><b>SAMPLE COMBINATIONS</b></p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Sample #1</b> Spinach muffins Carrots Yogurt Strawberries Chickpeas Dry Cereal</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Sample #3</b> Granola Bar Broccoli Red Bell Pepper Slices Peeled Kiwi Plantain Chips Guacamole</p> </td> </tr> <tr> <td style="vertical-align: top;"> <p><b>Sample #2</b> Quinoa Salad Cucumber slices Applesauce Sunflower Seeds Blueberries Cheese cubes</p> </td> <td style="vertical-align: top;"> <p><b>Sample #4</b> PB &amp; Honey Sandwich Ants on a Log (celery) Sweet Potato Crackers Hummus Sliced grapes Raspberries</p> </td> </tr> </tbody> </table>		<p><b>Sample #1</b> Spinach muffins Carrots Yogurt Strawberries Chickpeas Dry Cereal</p>	<p><b>Sample #3</b> Granola Bar Broccoli Red Bell Pepper Slices Peeled Kiwi Plantain Chips Guacamole</p>	<p><b>Sample #2</b> Quinoa Salad Cucumber slices Applesauce Sunflower Seeds Blueberries Cheese cubes</p>	<p><b>Sample #4</b> PB &amp; Honey Sandwich Ants on a Log (celery) Sweet Potato Crackers Hummus Sliced grapes Raspberries</p>
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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: November 2023  
Review Date: June 2024

Nursery Manager: Rebecca Frost  
Admin Officer: Angie Bayliss

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