



Crowmarsh Gifford C of E Primary School

Healthy Snack & Packed Lunch Policy

Aim

To ensure children have healthy and nutritious food in school, whether they bring food from home, or eat school lunches

Why do we need a policy?

It is essential that children eat healthily, and we are keen to work with parents to educate children about how this can be achieved and why it is important.

This policy applies to all pupils and parents providing packed lunches and snacks to be eaten within school or on school trips during normal school hours.

Eating healthily is important because it will help children to:

- ✓ Be fitter and healthier now and later in life.
- ✓ Learn more quickly and behave better.

Universal free school meals for EYFS & KS1

Please remember all children in Reception, Year 1 and Year 2 qualify for a free school meal. We recommend parents take this up, as eating well can increase academic achievement and promote healthy development. If your child is a 'fussy eater' this a great chance to develop their diet - without the fuss of doing it at home!

Healthy snacks

Vegetables and fruit (with no added salt, sugar or fat). Other examples could include savoury crackers or breadsticks served with fruit, vegetables. Dairy foods are also a good choice.

Not allowed at all:

- ☐ Nuts or items containing nuts (including peanut butter)
- ☐ Confectionery such as chocolate bars
- ☐ Sweets
- ☐ Fizzy drinks

Packed Lunches

Food not eaten in lunchboxes e.g uneaten food is returned to packed lunch boxes so that parents can see what is being eaten by their child.

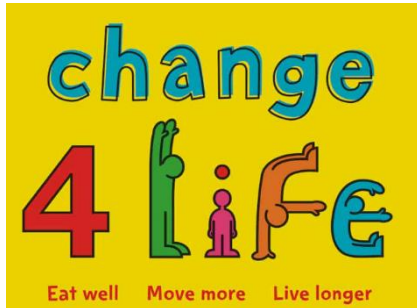
Exceptions

Every child is an individual, parents should keep the school informed where exceptions to the policy may need to be made.

Healthy Eating

To ensure children have healthy and nutritious food in school, whether they bring food from home, or eat school lunches.

Morning Snack Options



Free fruit or veg
Reception – Year 2



Healthy snack from home

Vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food. No crisps or processed foods



Lunch Options



School Hot meal



Healthy Packed Lunch



Not Allowed

- ☐ Nuts or items containing nuts (including peanut butter)
- ☐ Confectionery such as chocolate bars
- ☐ Sweets
- ☐ Fizzy drinks