



Moat Primary School Healthy Lunch Box Policy

SCHOOL AIM:

To promote healthy eating habits and improve oral health in children, through the implementation and maintenance of a healthy Lunch Box Challenge.

SCHOOL OBJECTIVES:

1. At lunchtime children's lunchboxes should consist of at least one healthy portion from each of the four main food groups:
 - Bread, cereals and potatoes
 - Fruit and Vegetables
 - Milk and dairy foods
 - Meat, Fish and alternatives
2. Children will be encouraged to reduce their daily fat, sugar and salt intake.
3. Parents will be encouraged to support the school's healthy lunch box policy by sending healthy food with their child/children to school.
4. Our school will provide either milk or water for the children at lunchtime.

Our staff and Board of Governors are committed to our policy on Healthy Lunch Boxes.

SIGNED:

Chair of Board of Governors

Principal

Date: _____

This policy will be reviewed and updated annually.