

## Morning Break

We follow the School Food Standards for our break time snacks including what we sell in the Tuck Shop. All children in FS1, FS2 and KS1 receive free school fruit/veg every day. Children in KS2 are able to purchase the following from our tuck shop.



### of the School Food

### Ambassadors:

### The role

- Monitor packed lunches and act as role models.
- Reward those children that are bringing healthy foods in their packed lunches with stickers and Captain's Table nominations.
- Provide guidance and suggest alternatives to children whose packed lunches could be improved.
- To encourage children to try new foods.

## Special diets

We recognise that some children have medical conditions requiring special diets so we encourage parents and carers to be responsible in making their children's packed lunches as healthy as possible.

## School Meals

Children are more than welcome to change from packed lunch at any time to have our freshly prepared school dinners. FS2 and KS1 school meals are free to all children. There is a charge for KS2 school meals. All we ask for is two weeks notice for the change over.

# Guiseley Primary School Healthy Eating and Packed Lunch Policy Booklet



This policy has been created by A. Thompson, S. Lynch and I. Podesta (School Food Ambassadors) with the support of our School Food Advisor.

## Our aims

- To make sure children bringing a packed lunch to school have healthy and nutritious foods helping them to grow and achieve their best.
- To encourage children to discover and try new foods and become aware of the benefits of healthy eating.

## Our Rationale

*"Your body is your most priceless possession so go take care of it" Jack Lalanne*

*"To eat is a necessity but to eat intelligently is an art" Francois de la Rouchfoucauld*

We want everyone bringing a packed lunch to eat well, as good nutrition allows:

- our brains to function better.
- us to maintain a healthy weight.
- our bodies to have lots of energy.
- us to fight diseases.
- a healthy mind.

We follow the guidelines from the School Food Standards. For more information please visit the following websites:

[www.nhs.uk/livewell/5aday](http://www.nhs.uk/livewell/5aday)  
[www.change4life.com](http://www.change4life.com)  
[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

**Go Go Go! Green items to be included regularly in packed lunches**



Fruit and veg (fresh or dried), bread/pitta/wraps/pasta (including wholemeal varieties), meat/lentils/beans/fish/eggs/hummus, yogurt/cheese/milk/fromage frais

**Go Slow! Amber items can be included occasionally**



Small, plain or fruit cakes, plain biscuits, flapjack, processed meats, eg sausage rolls, pepperami

**Stop! Red items are not allowed in school except for specific treat days (see below)**



Fizzy pop, crisps, chocolate bars, sweets and processed fruit products high in sugar.

*A packet of crisps is allowed on Tuesdays and a chocolate item is allowed on Fridays eg chocolate biscuit, choc chip bun. Chocolate bars are not allowed eg mars bars, double deckers.*