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The Fierté Multi-Academy Trust

Healthy Lunchbox Policy



Healthy eating is a priority for our Trust and as you can see from our lunchtime menu's we work hard to ensure that our children have a healthy balanced lunch. Food plays a vital role in our children's wellbeing, from the Trust's point of view children that are eating a good balanced diet have better concentration levels which leads to better learning. Alongside this we are developing behaviours in other areas such as PE and science to give children the knowledge and exercise required to enable them to have a healthy balanced lifestyle.

As a parent you get the choice of whether your child stay's for school lunches or not and I appreciate there are many factors when considering this. Due to this we have put together a few guidelines to help with packed lunches and inform you of which items are not allowed as part of our lunch box policy.

Here are some tips:

- The size of the lunch, a child's stomach is only the size of their fist and a lot of our children are struggling to eat all their packed lunch.
- Speak to your child/ren about the way they eat their lunch, eating savory items first and then onto their fruit or yoghurt.

- Look at the amount of salt that is in packets of crisp style products and don't send in huge packets.
- Limit the lunch to four items plus a drink.
- Experiment with different types of bread, bread sticks, crackers, pasta,
- Try and get in at least two of their five a day. One pure fruit juice can count as one but the other four must be eaten rather than a drink.
- Additions such as carrot, celery, pepper or cucumber sticks, cherry tomatoes or even a whole tomato to be eaten like an apple, are all good runners alongside a wrap or sandwich.
- There are many variations of fruit all year round now, try chopping it up to mix colours and encourage eating.
- Low fat yoghurts are good, or yoghurts with the fruit separate. Natural yoghurt could be poured over their fruit.
- We are not against a small treat however this should come in the form of a plain biscuit or cupcake. Mini fruit loaves are a good choice.

Fierté rules

- Drinks should not be fizzy, or energy drinks there are approximately 13 teaspoons of sugar in 200ml. Keeping fit and eating well gives our children all the energy they require. Look for drinks that say school compliant as a guideline or fill cannisters with sugar free squash or water and save the planet.
- No chocolate or sweets should be sent into school, this is against our lunchbox policy and we feel that these should be for you to use as treats at home. It's easier for you to monitor then.
- Finally, we do ask that no nuts or products containing nuts are sent into school, we appreciate that these are a good source of protein however we do have children with severe nut allergies and this could be life threatening to them.

Should you require any further assistance please contact Linda Smith on 07495430743.

Reviewed by: Linda Smith

Date: March 2019

Approved by: CEO

Date: March 2019

Next review due: March 2020