



**Woolpit Primary Academy**

NURTURE • RESILIENCE • INSPIRATION • RESPECT

## Healthy Lunch Policy

November 2022

Reviewed By	Sarah Clayton and Governing Body
Signature	
Date	November 2022
Next review date	

## Our vision:

Our core values are; **Nurture**, **Resilience**, **Respect**, **Inspiration**, which are at the heart of all we do. This is to ensure children leave Woolpit Primary Academy with a love of learning, as resilient individuals who are prepared for their futures. Our nurturing approach will ensure all pupils grow into well-rounded individuals with healthy minds. Children will leave our primary school as respectful members of the community; inspired to learn and motivated to achieve.

## Woolpit Primary Academy Healthy Lunch Policy

Woolpit Primary Academy is committed to providing an education of the highest quality for all its children. In order to support our children's learning we aim to ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

### Aims & Objectives

This healthy lunch policy ensures that all parents, staff and governors in our school are fully aware of and are clear about the actions necessary to promote healthy eating.

Through this policy we aim to:

- Keep our children fit and healthy
- Ensure that children are eating a range of healthy food.
- Support parents and carers in knowing what a healthy lunchbox should look like
- Ensure our children have the energy and nutrition in order to support their learning
- To support our children's mental and physical health

### A healthy packed lunch

We aim for our packed lunches to mirror the Eatwell Guide 'Healthy Plate'.

- One third of the packed lunch should contain fruits and vegetables (2 portions)
  - Such as chopped cucumber, apple, banana, tomatoes, carrot sticks, pepper sticks, berries, one portion of dried fruit such as raisins or dried apricots
- One third of the packed lunch should contain carbohydrates
  - Such as a sandwich, wrap, portion of pasta, portion of rice
- One sixth of the packed lunch should contain dairy or dairy alternatives
  - Such as a piece of cheese, a yoghurt or yoghurt drink
- One sixth of the packed lunch should contain healthy proteins
  - Such as ham, chicken pieces, hard boiled egg, mini sausages or meat
- One small 'treat' item can be included in the lunch box such as a small biscuit bar or pack of crisps, where possible low salt / sugar items are preferred.
- Drinks should be water, flavoured water or diluted squash, no fizzy drinks are permitted in school

## The Eatwell Guide

This provides the basis for our policy on healthy lunches, we ask that parents provide lunches from home that match the balance as set as below.



Where packed lunches are not in line with the policy, children will come home with a note (see appendix 1) that supports parents and children in knowing what lunches should look like.

## Appendix 1



**Woolpit Primary Academy**  
NURTURE • RESILIENCE • INSPIRATION • RESPECT

Today we noticed that your child's lunchbox contained \_\_\_\_\_  
Please note, this does not fit with our healthy lunch policy, for any  
questions please speak with your teacher.