

Healthy Eating in School

At Chase Bridge we aim to promote a healthy and balanced approach to food and to encourage a responsible attitude to caring for our environment through reducing waste and packaging. We recommend the healthy and nutritious school lunch available from our school canteen and, for those children bringing a packed lunch, there are some useful guidelines that can help you feel confident in what you provide. It is also important to consider what food items are brought in for snacks; these should be healthy and nutritious.

Delivering a tasty meal

We all know that children need a healthy, balanced diet. We also know that it can be a struggle to provide a tasty lunchbox every day. Follow these simple guidelines for some stress-free tips.

Packed lunches should be brought into school at the start of the day and your child should be able to manage the contents independently.

The ideas given here are easy to adapt for the age and preferences of your child.

Mid-morning snack

This should be a healthy fruit or vegetable snack such as a piece of fruit, packet of raisins, carrot sticks etc.

Crisps, cakes and biscuits are not allowed.

Drinks

Water is always available at lunch and through the day. No other drinks are needed but remember to sign up for milk if your child likes it.

Wrappers, rubbish and wasted food

Ideally, mid-morning snacks and lunches should be brought into school in a re-usable bag or container. Children are encouraged to dispose of all rubbish. Uneaten food will be sent home so that you can monitor what is or isn't being eaten.

Good to go

Fruit and Vegetables

These can be fresh, frozen, canned or dried.

For example: carrot, cucumber, celery, tomatoes sweetcorn, apple, berries, banana, satsumas, grapes (**please cut up the grapes horizontally**)



Bread/Pasta/Pitta/Bagels/Potatoes/Rice/Noodles

These foods give your child energy for the afternoon. Make up a sandwich or fill a roll, create a pasta salad or add vegetables to some noodles.



Meat/Fish/Eggs/Beans

Add protein to the meal with a variety of sliced meats, chicken, lentils or chickpeas



Added extras: Yoghurt/Cereal Bar/Breadsticks/Dips

Ring the changes by adding an unexpected extra to help vary your child's lunchbox through the week.



Please do not include:

Nuts and nut-related products such as Hazelnut Chocolate spread

Sweets and chocolate bars

Fizzy drinks and fruit juice



Allergy advice

Please be aware that we have children and adults in school with a range of allergies.

Remind your child not to share their snack or their lunch with anyone else.

If they have an allergy, the school must be informed and any advice or medication must be shared with us.

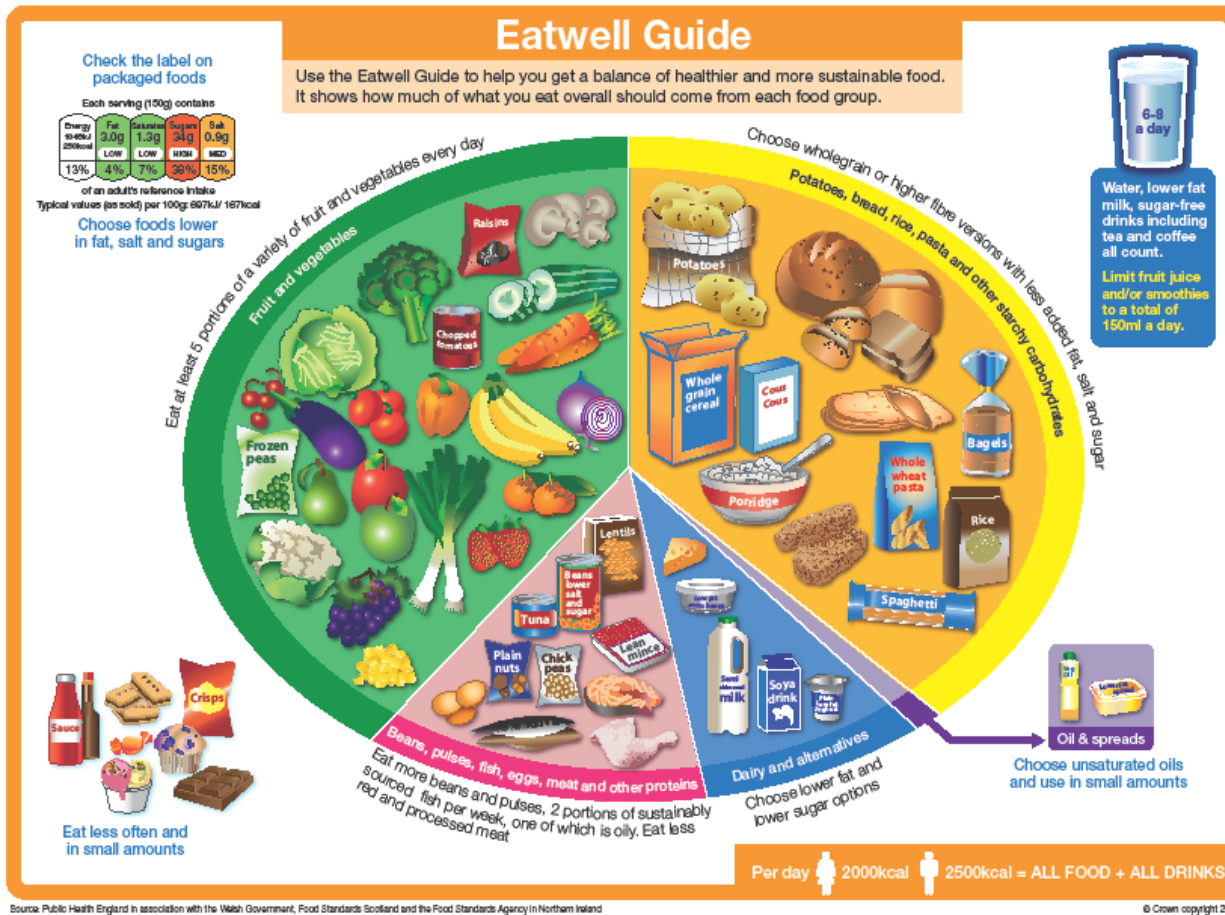
Communication between home and school

We may get in touch with you if we are concerned about what your child is eating through the day.



For further information and some great lunchbox ideas:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>



For further information in school:

Contact our School Welfare Team 0208 892 1242

