

## 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.

<b>Delivering a tasty meal</b>	<b>Good to go</b> 	<b>Please do not include:</b>
<p>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.</p> <p>Packed lunches should be brought into school at the start of the day and your child should be able to manage the contents independently.</p> <p>The ideas given here are easy to adapt for the age and preferences of your child.</p> <p><b>Mid-morning snack</b></p> <p>This should be a healthy fruit or vegetable snack such as a piece of fruit, packet of raisins, carrot sticks etc.</p> <p><b>Crisps, cakes and biscuits are not allowed.</b></p> <p><b>Drinks</b></p> <p>Water is always available at lunch and throughout the day. No other drinks are needed but remember to sign up for milk if your child likes it.</p> <p><b>Wrappers, rubbish and wasted food</b></p>	<p><b>Fruit and Vegetables</b>            These can be fresh, frozen, canned or dried.            For example: carrot, cucumber, celery, tomatoes sweetcorn, apple, berries, banana, satsumas, grapes <b>(please cut up the grapes horizontally)</b></p>  <p><b>Bread/Pasta/Pitta/Bagels/Potatoes/Rice/Noodles</b>            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.</p>  <p><b>Meat/Fish/Eggs/Beans</b>            Add protein to the meal with a variety of sliced meats, chicken, lentils or chickpeas</p>  <p><b>Added extras: Yoghurt/Cereal Bar/Breadsticks/Dips</b></p> 	<p><b>Please do not include:</b></p> <p>Nuts and nut-related products</p> <p>Sweets, chocolate bars, cake, biscuits, crisps</p> <p>Fizzy drinks</p> <p><b>Allergy advice</b>            Please be aware that we have children and adults in school with a range of allergies.</p> <p>Remind your child not to share their snack or their lunch with anyone else.</p> <p>If they have an allergy, the school must be informed and any advice or medication must be shared with us.</p> <p><b>Communication between home and school</b>            We may get in touch with you if we are concerned about what your child is eating throughout the day.</p> 

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.

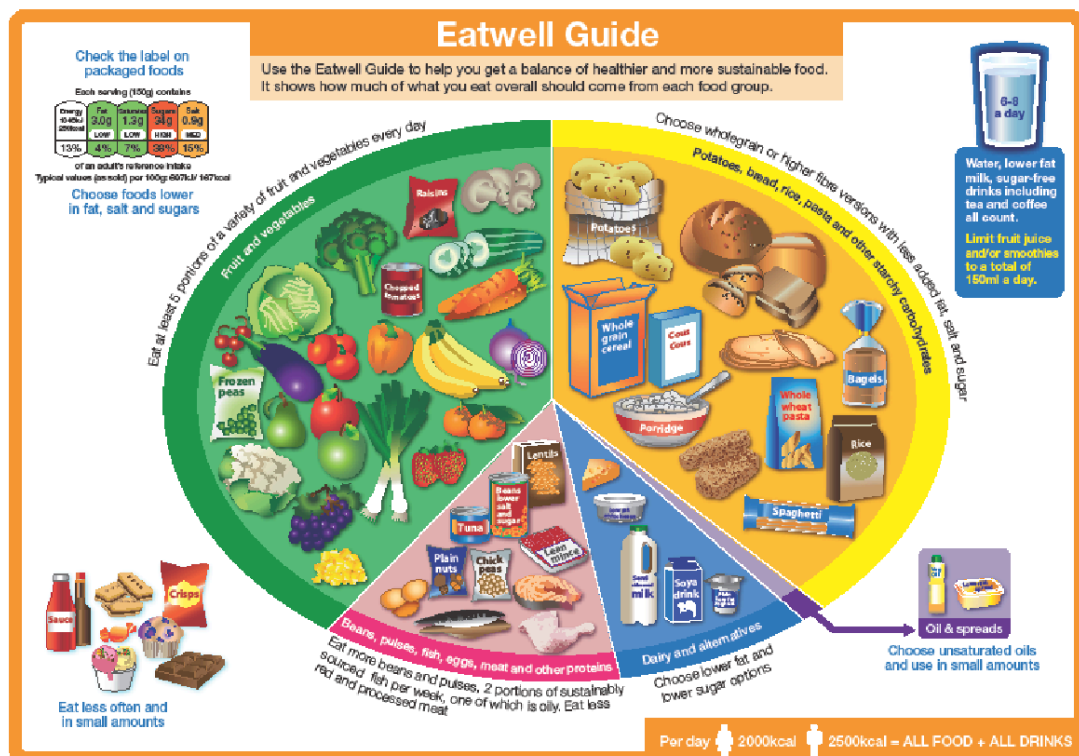
Ring the changes by adding an unexpected extra to help vary your child's lunchbox through the week.



**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>



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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**For further information in school:**

Contact our School Welfare Office, Amy Gray, or take advantage of one of our School Nurse drop-in clinics (see our newsletter for dates).  
Chase Bridge School, Kneller Road, Twickenham, TW2 7DE Tel: 0208 892 1242