



Healthy Food Policy Statement

As part of our commitment to promoting healthy eating, we have produced the following Healthy Food policy statement. Healthy eating does not mean avoiding all the foods children enjoy. It means a balance between a variety of foods.

Foundation and Key Stage One

Children in Reception, Year 1 and Year 2 have a healthy fruit or vegetable snack provided for them by the school. Should parents wish to send in fruit or vegetable from home, please send in an appropriate sized portion.

Key Stage Two

Children in Years 3, 4, 5 & 6 are encouraged to eat a healthy snack during playtime.

Snacks may include:

- Cheese
- Fruit
- Plain Breadsticks
- Vegetable sticks
- A packet of (plain) dried fruit
- Plain crackers or rice cakes

At playtime children are **not permitted** to drink smoothies/juices or eat sweets, crisps (of any kind, including lentil/pea etc), chocolate, biscuits or cakes. (However, biscuits, crisps and cake may be included in your child's lunchbox.)

Drinks in school

Water bottles should only contain water, and children are encouraged to drink water throughout the day. Reception parents can sign up to Cool Milk and this will be provided to children in their classrooms.

Children should not be provided with smoothie or juice drinks as part of their snack, this can be part of their packed lunch.

RA Butler Academy is a Nut & Sesame Aware School

We are a nut and sesame aware school and we ask that your child does not bring any nuts or products with sesame seeds on into school, as we do have children with severe allergies.

Special Occasions

At certain times of the year, for example, Christmas and Easter - treats may be given which are in keeping with these festivities. When children bring sweets to celebrate birthdays or other occasions, these will be given out at the end of the school day. Children will be encouraged to seek permission from parents regarding when these should be eaten. Please be mindful that some children in your child's class may have certain allergies.

Healthy Lunchbox Guidance

All hot school meals are offered within the School Food Standards as set out on the gov.uk website, including school desserts.

Parents are free to choose the contents of their child's packed lunch, excluding the following items: chocolate bars (eg, Mars bar, Crunchie etc), sweets, anything with nuts in and fizzy drinks. We encourage parents to pack a balanced lunch for their child. These guidance notes on packed lunches have been provided by the Change4Life programme:

- A portion of starchy food, eg. wholegrain bap/bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, eg. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, eg. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, eg. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink – fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured).

We also advise you to include an ice pack in your child's lunchbox. Food products, prepared and stored in ambient temperatures can, after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although we provide storage facilities, we cannot take legal responsibility for foods prepared at home and then brought into school.

Lunchbox swaps

- Try bags of grapes, melon chunks and strawberries to provide the sweetness without the added sugar.
- Choose teacakes, fruit loaf, scones or plain biscuits as an alternative to cakes and chocolate.
- Carrot and celery sticks with a natural low fat yoghurt or hummus dip are tasty side orders.

Lunchbox tips

- Use a variety of breads to keep sandwiches fun and interesting.
- Chop fruit and vegetables into sticks to make it fun to eat.
- Have a change from sandwiches using rice and pasta.
- Prepare packed lunches the night before and store in the fridge.
- Get older children to help make their own packed lunch.
- Don't forget to wash fruit and veg.

We hope that you will find some of these suggestions useful.