



Food and Nutrition at our School

What parents and guardians need to know:

Everyday Healthy Eating

We support children to eat a balanced diet:

- Fruit and vegetables (carrot sticks, cucumber, apple slices, berries etc.)
- Starchy foods (bread, rice, wraps, crackers, pasta)
- Protein (chicken, eggs, beans, hummus etc.)
- Dairy/Alternative (yoghurt, milk, cheese, oat/soya yoghurt)
- Drinks (water or milk only)

Packed Lunches

Please include foods from the four groups above.

Avoid sending in:

- Chocolate, sweets, fizzy drinks, squash
- Processed meats, crisps, salty snacks
- Choking risks (whole grapes, cherry tomatoes, cheese cubes, popcorn, whole nuts)

If we have concerns about a lunchbox, we will discuss this privately with you. Never in front of your child.

Birthdays and Celebrations

- We celebrate birthdays with songs, games and fun activities
- To support healthy eating we ask families not to send in sweets, cakes or party bags
Instead, families are welcome to bring:
- A storybook to share
- Stickers
- A favourite game to play in class
- A favourite song request to play in class

- We celebrate and respect cultural food traditions and these are incorporated into our curriculum and school calendar

Allergies and Special Diets

- Please inform us about any allergies or special dietary requirements
- We display allergy information for staff and keep food preparation areas safe
- Staff are trained to manage allergies safely

Our Promise

- Mealtimes are calm, social and enjoyable
- We do not pressure children to eat
- We do not comment negatively about food in front of children
- We aim to build healthy habits for life

Together we can give children the best start with food, health and happy mealtimes.

