

Healthy Eating

School Lunches

Uptake of school lunches at our school is high as we have two fabulous school cooks, Linzi and Sarah, who prepare and cook all school meals on site in our kitchen. Linzi and Sarah get to know all our children as individuals and encourage them to make healthy, balanced choices at lunchtimes. They follow the government Food Standards, providing nutritionally balanced meals for our children. They hold 'taster' events and promotional days so that all children can try their new dishes. Parents and carers, including grandparents, are welcome to come for lunch on any day of the week throughout the year.

Linzi and Sarah have been awarded the '5 star' award for hygiene three times in the last four years from the 'Scores on the Door' national food hygiene rating scheme and have been awarded Cambridgeshire Catering Service (CCS) 'Team of Month'. Linzi won a CCS '10 out of 10 Award' for her outstanding work as lead caterer in our school kitchen following nominations from staff, children and parents.



Christmas Lunch

We offer every child in Robins, Wrens and Kingfishers classes a free school lunch in accordance with the Government's 'Universal Infant Free School Meals' scheme.

Healthy Snacks

All children in KS1 have free fruit and vegetables which is provided daily by a government scheme. Any fruit or vegetables left over are distributed to the children in Key Stage 2. Many of our parents provide our children with a snack to eat at playtime—fuel to keep them going through the day. Our parents support our request that all snacks are healthy and do not provide sweets, crisps, chocolate or fizzy drinks, keeping these 'treats' for home.

Top Tips for healthy playtime drinks and snacks...

Boost your child's energy levels with:



- Dried fruit (raisins, apricots, bananas etc)
- Fruit Salad... chopped bits and pieces of your favourite fruits
- Whole fruits e.g. bananas, apples, satsumas
- Yummy bagels
- Cheese... dice up some of your favourite cheese and add a couple of crackers
- Vegetables... carrots, cucumber strips, peppers, celery, sugar snap peas
- Yoghurt or fromage frais
- Pure fruit juices... diluted with water
- Water... always refreshing!

Packed Lunches

Our school dinners are nutritionally balanced and meet the governments' food standards. What about packed lunches? We do not dictate what goes into your child's lunchbox – we know that many children may be fussy about food and refuse to eat many things. However, we encourage healthy eating and a balanced diet for all our children when they are at school. Does your child's lunch contain a balance of the following....

Carbohydrates?

Carbohydrates provide long-lasting energy – much needed to keep kids going through the day! Examples: bread, bread rolls, pitta bread, wraps, baguettes, crackers, rice cakes...

Protein?

Meat, cheese or fish. Examples: cheddar, mozzarella, brie, tuna, mackerel, ham, salami, chicken, turkey...

Fruit and Veg?

It can be difficult to eat the recommended 5-a-day... but how about trying cucumber, peppers, carrot sticks, celery, sugar-snap peas, grapes, strawberries, pear, melon, kiwi, dried fruits... Lots of supermarkets have fruit and veg on special offer these days as part of health promotion.

A drink?

Water, milk based drinks, diluted fruit juice, smoothies...

We ask parents to support us by not providing crisps, sweets, chocolate and fizzy or sugary drinks as part of their child's packed lunch. We are not against these **treats**, but ask that they provide them at home rather than in school.



Our older children look after the younger children at lunchtimes.