



Cranford Primary School  
Berkeley Avenue  
Hounslow  
TW4 6LB

# Healthy Eating Policy

Date: Autumn 2022

Review Date: Autumn 2024 (or sooner if changes to the law or practice).

## **Healthy Eating Policy**

### **Cranford Primary School Lunches**

We believe that a balanced, healthy school lunch is vital to help make sure our children are ready to work through the afternoon and to deliver their best.

Our school catering team develop our meals to ensure balanced and healthy choices that appeal to our children and often these dishes are based on home favourites. You will receive a new menu each term. Children will have a choice of meat, vegetarian or an alternative choice.

All children in Years Reception, 1 and 2 are entitled to a free school meal and we encourage them to take this option.

When your child starts school at Cranford Primary School you will be required to note any food allergies and parents must notify the school of any changes to their child's dietary requirements.

During lunch-time children are supported by lunchtime supervisors, teaching assistants and teachers to help them to learn the routine of choosing and carrying their food. It is recommended that prior to your child starting school you help them to use a knife and fork and begin to develop their independence around eating.

Should you and your child wish, they may bring a packed lunch. We are a healthy school and this should be reflected in your choice of packed lunch food. For packed lunch ideas please visit the [Change4Life website](#). We ask that you do not include sweets, fizzy drinks or crisps in your child's lunch box.

### **Snacks**

Children in Nursery, Reception, Year 1 and Year 2 will be provided with a mid-morning fruit snack. Children in Years 3, 4, 5 and 6 may bring in a fruit snack or a healthy cereal bar.

### **Drinks**

Free milk is available for children under the age of five, via the Cool Milk scheme.

Parents of children aged five and older can register with Cool Milk so that they can receive a carton of semi-skimmed milk every day. All milk will be delivered fresh and chilled to the classroom to provide children with essential nutrients to help bridge the gap between breakfast and lunch, to help children to stay focused.

It is proven that children's concentration and behaviour improves when they drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day.

## **Birthday Treats**

Some parents like to bring in treats to celebrate birthdays. The school encourages healthy treats such as boxes of raisins, plates of fruit or non-food treats such as pencils or stickers. Please do not bring in cakes to be distributed to children in order to promote the school's healthy eating ethos.