Healthy Eating

We all know the importance of good food for a healthy life. There has been a great deal of media coverage about the problems of obesity in children. In school, we know that children, who have a healthy lunch show better concentration, are more alert and are calmer in the classroom in afternoon lessons, than those whose lunchbox is full of fat and sugar.

London Colney Primary and Nursery School wants to play a part in ensuring children understand the importance of a balanced diet. Please make sure that if your child has a packed lunch you follow the guidelines below.

SAFETY:
Use an insulated lunch box and freezer pack, if possible.
Store sandwiches in the fridge overnight.
We have a few children who are allergic to nuts, so we have adopted a **'NO NUTS'** policy. Please avoid any nut based foods such as peanut butter in lunchboxes.

Choose at least one item from each of the food groups below. Try to vary the foods each day.

Meat, fish, alternatives (protein)	Lean meat, chicken, tinned fish, bean salad, hummus, hard-boiled egg
Bread and Starch foods (carbohydrates)	Bread, rolls, pitta, bagels, naan, wraps, chapattis Use wholegrain or high fibre white varieties Oatcakes, savoury scones, breadsticks, crisp breads Rice, potato and pasta salads
Milk and Dairy foods	Cheese and cheese spreads Milk, yoghurt, fromage frais
Fruit and vegetables	Fresh fruit Dried fruit – sultanas, raisins, apricots Salad and vegetables (these can be added into sandwiches)
Drinks	Water, unsweetened or low sugar fruit juice Smoothies and yoghurt drinks
Optional Extras	Teacakes, currant buns, scones, malt loaf Fruitcake, muffins, Plain biscuits, low fat crisps

Playtime snack
Children in Reception, year 1 and year 2 will be provided with a piece of fresh fruit or vegetable through the Government's School Fruit and Vegetable Scheme each day.

Children in years 3, 4, 5 and 6 may like to bring something from the fruit and vegetable category for a break time snack. From Year 1 all children need a water bottle in school each day. In Reception water is provided throughout the day.