

## The main messages

- Eating well can make you feel more alert and ready to learn and have fun.
- A healthy lunch every day will give your child the energy and nutrients they need to grow, develop and learn.
- Eating too much of the wrong food can make you feel lethargic and unmotivated.
- Foods high in sugar (i.e. sweets, cakes, cereal bars, school bars, fruit winders and sweetened drinks) are a major cause of tooth decay.

- ✓ Cut down on snacks such as cakes, buns, crisps and pastries.
- ✓ Instead swap to unsalted nuts and seeds, unsweetened dried fruit, or vegetable sticks.
- ✓ Swap to wholemeal or 50/50 bread or use tortillas or bagels.
- ✓ Swap squash drinks to water.
- ✓ For variety, use pitta strips, crackers, bread, or fruit and vegetable finger foods with a dip.
- ✓ Read food labels. Look out for the colour coded nutrition information on the front of packets. Remember the more green(s) on the label, the healthier the choice.

## Break time snacks

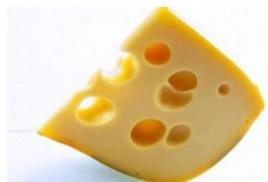
We follow the guidelines of the Children's Food Trust for our break time snacks. This includes what we sell in the school tuck shop.

If the children wish, they can also bring these foods from home.

Bread



Cheese



Yoghurt/ yoghurt drinks



Fruit/dried fruit



Vegetables



# St Oswald's C of E Primary School

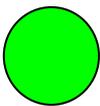


TO SERVE ONE ANOTHER

Healthy Eating Policy Leaflet



This policy has been created by  
St Oswald's School Council with the support of  
School Governors and Healthy Schools and  
Wellbeing Advisor – Leeds City Council.



### Green foods

You can put these in lunch boxes everyday or as often as you like

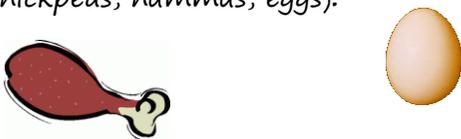
- Fruit and vegetables. This could include fresh, tinned or dried.



- A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties too.



- Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, hummus, eggs).

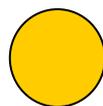


- Dairy food such as milk, cheese, yoghurt or fromage frais.



- Oily fish such as salmon or sardines

Children are encouraged to drink fresh water that is available at lunch times and throughout the day.



### Amber Foods

These types of foods could be included occasionally as part of a balanced packed lunch

- Small plain or fruit cakes such as scones, currant tea cakes or malt loaf



- Plain biscuits, flapjacks or fig rolls

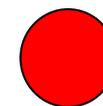


- Processed meat products such as sausage rolls, pies, pasties, pepperami or sausages.



We follow the guidelines of the School Food Trust. For more information and advice, please look at the following websites.

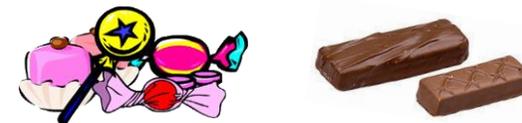
- [www.schoolfoodtrust.org.uk/packedlunches](http://www.schoolfoodtrust.org.uk/packedlunches)
- [www.nhs.uk/livewell/5aday](http://www.nhs.uk/livewell/5aday)
- [www.change4life.com](http://www.change4life.com)
- [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)
- <http://www.childrensfoodtrust.org.uk/>



### Red Foods

Please do not bring these into school

- Confectionary, chocolate, chocolate biscuits and cake bars. Please do not include any chocolate covered snacks.



- Cereal bars (these can be high in fat and sugar)



- Processed fruit products such as winders and school bars (these can be high in sugar)



- High salt or fat snacks such as crisps, snack-a-jacks and mini cheddars

