



Healthy Eating Procedure

Procedure Review

This procedure will be reviewed in full by the Full Governing Board every 3 years.

The procedure was last reviewed and agreed on July 2025

It is due for review in Summer 2028

Healthy Eating Procedure

At Windhill21, we aim to equip children with the knowledge, skills, and understanding to make informed choices about leading a healthy lifestyle. Achieving this goal requires a strong partnership with parents and carers to ensure the best outcomes for every child.

Aims

- To ensure children have a suitable midday meal that sustains them and supports afternoon learning.
- To provide a safe, healthy and appealing environment for all pupils during lunchtime, including those bringing packed lunches.
- To ensure free, fresh drinking water is available at all times.
- To help children understand and value healthy eating habits.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents and carers in providing packed lunches that align with the standards of school-provided meals, in line with British Nutrition Foundation guidance.

Guidelines for Packed Lunches

These guidelines are based on national school meal standards to ensure consistency and fairness for all pupils.

- A healthy lunchbox should include:
 - A portion of starchy food (e.g. bread, crackers, pasta, or rice salad)
 - Plenty of fruit and vegetables (e.g. an apple, banana, carrot sticks, raisins, etc.)
 - A portion of milk or dairy (e.g. yoghurt)
 - A drink (e.g. water, milk, or a small carton of juice or squash)
 - One small treat item (e.g. Kit-Kat, Penguin, cake bar), equivalent to a school dessert

Important:

Do not send your child with any food containing nuts or peanuts. We have a number of pupils with serious allergies. Please refer to our No Nuts Policy.

Packed lunches should not include:

- Chocolate bars or sweets
- Fizzy drinks
- Hot food (due to health and safety regulations)

Monitoring and Evaluation

While we respect individual dietary choices, if a child's packed lunch regularly falls short of these expectations, a reminder will be sent home. Our goal is to work together with families to educate children about healthy, balanced diets and to instil lifelong healthy habits.

Healthy Snacks

Reception and KS1: All children receive a free piece of fruit or vegetable daily as part of the Government's School Fruit and Vegetable Scheme.

KS2: Children may bring their own snack for break time.

Healthy snack options include:

- Fruit
- Vegetables
- Dried fruits
- Cereal bars
- Crackers
- Please do not send crisps, chocolate or sweets.