



FOXBRIDGE PRIMARY SCHOOL HEALTHY EATING GUIDELINES

At Foxbridge Primary, we are committed to nurturing healthy habits in our children to support their well-being and development. To help us achieve this, we ask parents to follow these guidelines for snacks and packed lunches:

- Children may bring fruit or vegetables as a snack to eat at break time (free fruit is provided for children in years Reception, 1 and 2).
- Please do not send any other types of snacks for break time, including yoghurts or fruit flavoured products.
- No nuts or nut-based products should be brought into school, to ensure the safety of children with allergies.
- Packed lunches should be balanced and nutritious, focusing on a variety of food groups.
- Please avoid providing sweets or fizzy drinks.
- Encourage the inclusion of fresh fruit, vegetables, whole grains and protein-rich foods.
- To help avoid the risk of choking, we recommend that grapes are sliced lengthways (halves or quarters), particularly for our younger children.

Healthy eating supports children's physical health, concentration and energy levels throughout the school day. Early and regular exposure to fruits and vegetables helps children to develop a taste for healthy foods, promoting lifelong good habits.

Further information on how to support your child's health and development can be found on the health for kids website - <https://www.healthforkids.co.uk/>

We also ask that food is not brought into school to share with friends due to the risks posed by allergies and food intolerances

Thank you for your ongoing support.