

# Houghton Primary School: Healthy Eating

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## School Lunches

The school took over the provision of school meals from a private company in July 2020. Our experienced, skilled and dedicated kitchen team cook 'home cooked' meals onsite, providing freshly cooked lunches which the children love. Our menus are balanced and we source our supplies from local producers. We provide a meal choice which includes a vegetarian option every day. There is fresh baked bread, fresh seasonal vegetables, a salad bar, fresh seasonal fruit and a choice of desserts every day. The menu is available on our school website.

<http://www.houghton.cambs.sch.uk/index.php/parents/school-meals>



Christmas Lunch

We offer every child in Robins, Wrens and Kingfishers classes a free school lunch in accordance with the Government's 'Universal Infant Free School Meals' scheme.

## Packed Lunches

Our school dinners are nutritionally balanced and meet the governments' food standards. What about packed lunches? We do not dictate what goes into your child's lunchbox – we know that many children may be fussy about food and refuse to eat many things. However, we encourage healthy eating and a balanced diet for all our children when they are at school. Does your child's lunch contain a balance of the following...

**Carbohydrates** Carbohydrates provide long-lasting energy – much needed to keep kids going through the day!  
*Examples: bread, bread rolls, pitta bread, wraps, baguettes, crackers, rice cakes...*

**Protein** Meat, cheese or fish. *Examples: cheddar, mozzarella, brie, tuna, mackerel, ham, salami, chicken, turkey...*

**Fruit and Vegetables** It can be difficult to eat the recommended 5-a-day... but how about trying cucumber, peppers, carrot sticks, celery, sugar-snap peas, grapes, strawberries, pear, melon, kiwi, dried fruits... Lots of supermarkets have fruit and veg on special offer these days as part of health promotion.

**A drink** Water, milk based drinks, diluted fruit juice, smoothies...

We ask parents to support us by not providing crisps, sweets, chocolate and fizzy or sugary drinks as part of their child's packed lunch. We are not against these **treats**, but ask that they are saved to be eaten at home rather than in school.

## Healthy Snacks and Drinks

All children in Reception and KS1 have free fruit and vegetables which are provided daily by a government scheme. Any fruit or vegetables left over are distributed to the children in Key Stage 2. Many of our parents provide our children with a snack to eat at playtime—fuel to keep them going through the day.

Our parents support our request that all snacks are healthy and do not provide sweets, crisps, chocolate or fizzy drinks, keeping these 'treats' for home.

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## Top Tips for healthy playtime drinks and snacks...

Boost your child's energy levels with:



- Dried fruit (raisins, apricots, bananas etc)
- Fruit Salad... chopped bits and pieces of your favourite fruits
- Whole fruits e.g. bananas, apples, satsumas
- Yummy bagels
- Cheese... dice up some of your favourite cheese and add a couple of crackers
- Vegetables... carrots, cucumber strips, peppers, celery, sugar snap peas
- Yoghurt or fromage frais
- Pure fruit juices... diluted with water
- Water... always refreshing!

## Keeping hydrated

Keeping well hydrated during the school day is very important. We request that every child brings a drinks bottle to school which contains only water. We will ensure that they can access their bottle throughout the day and will encourage them to top their bottles up from our supply of drinking water which is on tap in every classroom. Bottles should go home daily to be washed and re-filled.

