

Promoting Healthy Eating at Wistaston Church Lane Academy

At Wistaston Church Lane we do our best to encourage healthy eating at break times and lunchtimes.

This is a guide for parents and carers to help them to choose the right foods to send in with their children.

Allergen Information

Please note that nuts, and foods containing nuts, are never allowed in school.

Breaktimes

At breaktimes we offer free fruit to children in the Infants. We also offer a healthy snack bar to children in Key Stage Two.

At breaktimes children should not bring in chocolate bars, crisps or sweets—these are not allowed.

Lunchtimes

Our school caterer, Mellors, offers a nutritional cooked meal each day which meets government guidelines for healthy school dinners. Children in the Infants are entitled to a free school dinner every day. In the Juniors, meals offer good value and convenience for a charge.



Healthy Lunch Box Ideas

Lunch should supply approximately one third of the daily energy requirements your child needs, as well as a third of protein, carbohydrate, fats, fibre, vitamins and minerals.

Try to include:

- One protein rich food, such as fish, meat, eggs, poultry, tofu, pulses/beans or houmous
- One carbohydrate food, such as wholemeal or granary bread, pasta, oatcakes or rice. Try wholemeal/brown 'complex' carbohydrates as they release sugar much slower to help give children sustained energy.
- One, preferably two, portions of fresh fruit or dried fruit
- One dairy food or calcium rich food, such as cheese, yoghurt or milk
- One portion of salad or vegetables such as carrot sticks, celery or cherry tomatoes, cucumber or a good amount of salad in a sandwich
- 200-300ml or water or unsweetened fruit juice.

We only allow water, milk or unsweetened fruit juice as a drink. Soft/fizzy drinks are not allowed as they are packed with sugar and often colourings, additives, preservatives and aspartame (a sugar substitute) which can become addictive and affect moods.

Unhealthy Lunch Boxes

Try to avoid processed foods in your child's lunch box as they are high in sugar, unsaturated fats, salt and often have chemical additives, preservatives, colourings and sugar substitutes that can change children's behaviour and can prevent them from concentrating.

Drinks in the classroom

Children are encouraged to bring in a reusable water bottle which they can drink throughout the day. Children are encouraged to drink during and after PE lessons. We also have water fountains available around the school.



Further advice can be found here:

<https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>