



Farsley Westroyd School Food Policy

At Farsley Westroyd Primary School, we are committed to fostering an environment that encourages healthy eating habits and empowers our pupils to make informed and positive choices about the food they consume. This commitment reflects our school's ethos and values: Enjoy, Believe, Achieve, Together, as well as our motto: Good to be me, Good to be Westroyd, Good to be Farsley. We believe that promoting healthy food choices contributes to individual well-being, supports our collective school identity, and strengthens our role within the wider Farsley community.

We believe that healthy eating enables pupils to enjoy their learning, feel good about themselves, and develop confidence in making positive choices. By working together as a school and community, we aim to instil lifelong healthy habits, supporting every child to believe in their own potential and achieve their best.

The nutritional principles of this policy are guided by evidence-based standards, including the National Diet and Nutrition Survey of 4 to 18 year olds, the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK, and the Balance of Good Health (BOGH). It has also been developed in alignment with key national initiatives such as The School Food Plan, The Eatwell Guide, and The Core Food Competencies for Children and Young People.

The aims of this policy are:

1. To empower pupils to make healthy food choices by providing them with accurate information and opportunities to develop the skills and attitudes needed for lifelong healthy eating.
2. To offer and promote healthy food choices throughout the school day, supporting their physical and emotional well-being.

The Objectives of this policy are:

- To ensure that the food and drink available throughout the school day meet government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
- To promote the consumption of locally sources, sustainable food and engage pupils with where their food comes from.

Through these aims, we demonstrate our dedication to ensuring every child can proudly say, "Good to be me, Good to be Westroyd, Good to be Farsley", while thriving in a school environment that prioritises their health, happiness, and success.

1. Food and drink provision provided by school throughout the school day

At Farsley Westroyd Primary School, we recognise the vital role that nutritious food and drink play in supporting pupils' health, well-being, and ability to thrive in their learning environment. Our provision

reflects our commitment to promoting healthy eating and aligns with the ethos of “Good to be me, Good to be Westroyd, Good to be Farsley.”

Westroyd Wraparound

At Farsley Westroyd Primary School and Nursery, we are proud to offer a school-managed Wraparound Club for pupils from Nursery to Year 6, providing before-school and after-school care in a warm and nurturing environment. Our Wraparound provision is managed and led by our experienced and established school staff, fostering a family-oriented approach and a strong sense of community. By offering a structured, caring, and enriching environment with meals that meet the School Food Standards, our Wraparound Club ensures that children at Farsley Westroyd are well-supported before and after the school day.

Breakfast Club runs daily, Monday to Friday, from 7:30am until the start of the school day and is held in the main school hall. Breakfast is a vital meal, providing around 25% of a child’s daily energy needs and contributing significantly to their vitamin and mineral intake. All food is served in compliance with the School Food Standards, ensuring it is balanced, nutritious, and supports children’s overall well-being. A simple, nutritious breakfast is provided, which typically includes cereal, toast, fruit, yoghurt, fruit juice, and milk. A range of engaging activities, such as board games, books, and crafts, is also offered to ensure a positive and enjoyable start to the day.

After-School Club operates from the end of the school day until 6:00pm, Monday to Friday, and is also held in the main school hall. During this time, children are served a light tea, such as seasonal soup, wraps, or sandwiches, alongside fresh fruit or vegetables where possible. The menus are designed to be compliant with the School Food Standards, ensuring meals are varied, nutritious, and balanced. Activities are diverse and include outdoor play, ensuring children remain active and engaged. Early Years children are escorted to the main hall by staff, where they join KS1 and KS2 pupils. Parents and carers collect children from the main hall at the end of the session.

The menus for both Breakfast and After-School Clubs can be found on the Westroyd Wraparound section of our school website, along with additional details about the activities on offer, the booking process, and the costs involved.

Bookings and Costs

Places must be booked and paid for in advance, although occasional ad hoc places are available with prior booking. The costs are as follows:

- Breakfast Club: £8 per session
- After-School Club: £16.50 per session
- Early Collection Fee (by 4:15pm): £8 per session

A 10% discount is offered for additional children in families where more than one child attends (not applicable to the early collection fee).

For further information about Westroyd Wraparound, including policies, menus, and how to register your child, please visit the Wraparound section of our school website.

Break/ Snack time provision

During the school day, EYFS and KS1 children are provided with a healthy snack, typically consisting of fresh fruit or vegetables as part of the national fruit and vegetables scheme. Any surplus is given to our Farsley Westroyd Fruit Stall. Milk is also available for children whose parents have opted into the milk programme. Milk is free for children until they turn 5 years, after this parents who opt in can pay for milk provided daily. Additionally, all children in Years 3 - 6 are encouraged to bring in fresh fruit for their first playtime snack. This ensures pupils have access to healthy options to sustain their energy levels and focus throughout the day.

Snacks

Children in Years 3 – 6 are encouraged to bring fresh fruit for their playtime snack. This promotes healthy snacking habits and ensures that children have the energy they need to stay focused throughout the day. Other examples of healthy snacks that can be brought into school include:

- Fresh vegetables, such as carrot sticks, cucumber slices, or cherry tomatoes.
- Small portions of dried fruit, such as raisins or apricots (please ensure these are unsweetened).
- Plain rice cakes or breadsticks.
- Small portions of cheese or yoghurt (please ensure these are in suitable containers and stored appropriately).

For more information, please see our Packed Lunch Guidance and poster (Appendix 2)

We must also remind families that crisps and chocolate bars are not permitted as snacks during playtime. Crisps are high in salt and fat, and chocolate bars are high in sugar, which do not align with our ethos of encouraging positive food choices for children's long-term health and well-being. If a child brings crisps or chocolate bars as a snack for playtime, they will be asked to put them back into their bookbag to take home. A healthy alternative, such as fresh fruit, will be offered instead, and parents or carers will be reminded of this policy.

To further support healthy eating, we are pleased to participate in the School Fruit and Vegetable Scheme. As part of this initiative, all children in Nursery, Reception, Year 1, and Year 2 are provided with a free piece of fruit or vegetable each school day. This scheme aims to encourage healthy snacking habits and ensures younger children have access to a nutritious snack at school. We encourage children in Years 3 and above to bring a similar healthy snack to school in line with this policy.

We appreciate the support of parents and carers in providing healthy snacks that align with our school's ethos of encouraging positive food choices to support physical and mental well-being.

Drinking Water and Staying Hydrated

Access to fresh drinking water is essential for children's concentration and overall health. At Farsley Westroyd, drinking water is readily accessible at water points located throughout the school, ensuring that all pupils can stay hydrated throughout the day. We actively encourage pupils to bring in water bottles and remind them of the importance of drinking water regularly.

While we promote water as the healthiest option, we understand that not all children enjoy plain water. Therefore, we allow pupils to bring in diluted squash or cordial for use in class. We recommend that any squash or cordial be sugar-free and diluted as much as possible to support both general health and dental well-being. Where squash or cordial is provided, we kindly ask that it is brought in a non-transparent bottle where possible. This helps to avoid unnecessary comparisons or pressure among pupils and supports our whole-school culture of healthy choices.

We actively encourage all pupils to stay hydrated throughout the day as this is critical for their learning and development.

School food standards for school lunches

Our school meals are provided by Catering Leeds who ensure the menus are balanced and compliant with the School Food Standards. All food prepared by our school catering team meets the School Food Standards for School Lunches, ensuring it is nutritious, balanced, and appealing. Meals are freshly prepared and cooked on-site, with a daily salad bar offering a variety of vegetables and toppings. Fresh fruit and yoghurts are available every day as part of our pudding options, promoting healthier choices.

Free school meals (FSM)

As a free school meal (FSM) could save families up to £450 each year, our school encourages and supports pupils to claim their entitlements and communicates this regularly. We are committed to ensuring that all families eligible for Free School Meals (FSM) feel welcomed and supported. By using a cashless system via Arbor, we maintain discretion and eliminate any stigma associated with FSM. We actively encourage families to take up the FSM offer, ensuring every child receives a nutritious meal to support their learning.

Universal Infant Free School Meals (UIFSM)

In addition, all children in Reception, Year 1, and Year 2 are entitled to Universal Infant Free School Meals (UIFSM). This ensures that every child in these year groups has access to a balanced, nutritious meal each day at no cost to families. We encourage parents of eligible children to make use of this offer, as it provides a valuable opportunity for children to enjoy a variety of healthy foods and develop positive eating habits.

By supporting both FSM and UIFSM initiatives, we uphold our commitment to promoting the health, well-being, and academic success of all pupils.

Dining Environment and Procedures

At Farsley Westroyd Primary School, we aim to provide a calm, positive, and inclusive dining environment where children can enjoy their meals and develop good table manners. Lunchtimes are structured to ensure that all pupils have the opportunity to eat in a comfortable and welcoming atmosphere.

Two classes dine in the hall at the same time, with classes rotating throughout the lunch hour. Meals are pre-ordered through Arbor, allowing children to select their preferred option in advance. Upon entering the dining hall, children collect their food from the food station and then proceed to their tables. Children in the Early Years are served their school meal seated in family-style service. Alongside their main meal, children have access to a daily salad bar offering a variety of fresh options, and they can choose a pudding, such as yoghurt, fruit, or other healthy alternatives.

Our Food Ambassadors also play a key role in supporting a positive dining experience. They assist with handing out water, help keep the dining area tidy, and promote calm and respectful behaviour. Their presence encourages a sense of responsibility and pride among pupils.

We encourage all pupils to develop independence by making their own choices from the available options and taking responsibility for their mealtime routines. Children are also supported to use a knife and fork properly, with this modelled by staff and peers as needed. We actively encourage pupils to try a range of foods to broaden their dietary preferences and promote healthy eating habits.

Packed Lunches

Packed lunches prepared by the school caterers adhere to the School Food Standards, ensuring they are nutritious and balanced. The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options and implementing our 'Farsley Westroyd Fruit Stall' where children can help themselves to a piece of fruit provided by the school.

To encourage healthy choices, rewards such as thank you cards are given to children who consistently bring healthy options in their packed lunches. However, if inappropriate contents are included (e.g., items high in sugar, salt, or fat that do not align with our guidance), these may be discussed with parents or carers to provide support and guidance on healthier alternatives. For more information, please see our Packed Lunch Guidance and poster (Appendix 1)

Cultural, Age Appropriate and Special Dietary Requirements

At Farsley Westroyd Primary School, we are committed to ensuring that all pupils can enjoy safe, inclusive, and nutritious meals that meet their individual dietary requirements.

Nut-free school policy

We are a nut-free school to protect pupils with severe nut allergies, as exposure to nuts can result in life-threatening reactions. We kindly ask parents and carers to be mindful of the ingredients in packed lunches, snacks, or any food sent into school. This includes avoiding products such as Nutella, peanut butter, nut-based snack bars, or any other items containing nuts. By working together, we can ensure the safety and well-being of all children in our school community.

Special diets for religious and ethnic groups

We provide food in accordance with pupils' religious beliefs and cultural practices wherever possible, ensuring that every child feels valued and included during mealtimes. Parents and carers are encouraged to inform the school of any specific requirements so that appropriate arrangements can be made.

Vegetarians and vegans

Our catering team offers a vegetarian option at lunch every day to ensure that children following a vegetarian diet have access to balanced and nutritious meals. Where necessary, a vegan option can also be provided upon request.

Food Allergies and Intolerances

We take food allergies and intolerances very seriously. Individual care plans are created for pupils with diagnosed food allergies or specific dietary needs. These plans document symptoms, adverse reactions, actions to be taken in an emergency, and emergency contact details. Care plans are shared with relevant staff and displayed in appropriate areas, such as the kitchen, to ensure all staff, including caterers, are fully aware of each child's needs.

Children with identified food allergies wear a yellow lanyard during lunchtime. This visual prompt helps all staff, including lunchtime supervisors, recognise and monitor these pupils more effectively, ensuring their safety when collecting and eating food.

Details of children who require EpiPens or other emergency medical interventions are clearly displayed in the staffroom. This ensures all staff are familiar with these children and the necessary emergency procedures.

Our catering team is informed of all allergies and food intolerances through a structured process, and special dietary requests are submitted and accommodated accordingly. Lunchtime supervisors and staff monitor and support children with dietary needs to ensure their safety and well-being during mealtimes.

Special Occasions, Rewards and School Events

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events. At school discos, fairs, residential trips, celebrations or events we aim to provide healthy food choices and limit less healthy options.

Extra-curricular activities, visitors and PTA events

We aim to ensure that food served at school events, such as those organised by the PTA, aligns with our food policy wherever possible. However, we also recognise that some events, such as celebrations and fundraisers, may allow for greater flexibility. We strive to maintain a balance between adhering to our healthy eating principles and celebrating special occasions within the school community.

Use of food as a reward

In line with our focus on promoting healthy eating habits, the school avoids the regular use of sweets or

other high-sugar, high-fat foods as rewards for behaviour, academic achievements, or other accomplishments. Instead, we celebrate success through alternative methods, such as certificates, stickers, prizes (e.g., pencils, rulers, or rubbers) and green points, fostering a positive culture of encouragement and recognition.

Birthday sweets and cakes

To promote equality and avoid unnecessary pressure on families, we kindly ask parents not to send in cakes or sweet treats for birthdays during the school day. If parents would still like to mark the occasion by sharing something, they are welcome to hand out treats after school on the playground.

Monitoring food provision and consumption

We support the school catering by carrying out our own monitoring throughout the year. Our School Council also carry out monitoring and give regular feedback to our school cook and senior leadership. Our menus, for all food served across the school day, are externally checked for compliance with the School Food Standards but the Healthy Eating Adviser and Nutritionist at Leeds City Council.

We have our Food Ambassadors who are representatives from year group to provide us with continuous feedback about lunchtimes. Each half term, our Food Ambassadors will review all feedback, and we make changes where possible.

Food Ambassadors

At Farsley Westroyd, our Food Ambassadors play a vital role in promoting healthy eating habits across the school. These pupils are selected by their teachers for their commitment to supporting lunchtime wellbeing. Their responsibilities include helping to set up and manage the Farsley Westroyd Fruit Stall, distributing 'Thank Ewe' postcards to children who bring in exemplary healthy lunchboxes, and assisting with tasks such as handing out water, scraping plates, and maintaining a clean, calm dining environment for all. The Food Ambassadors meet once every half term to share feedback and discuss ways to improve our lunchtime experiences. This initiative supports our strong belief in pupil voice, empowering children to make a meaningful impact on our school community.

2. Food Education and the Curriculum

Healthy eating in the curriculum

At Farsley Westroyd Primary School, food and nutrition are taught at an appropriate level throughout each key stage as part of our commitment to fostering healthy eating habits and empowering pupils to make informed choices. Our school delivers healthy eating through the KAPOW PSHE scheme of work to all pupils and we review this annually. This ensures learning is inline with current guidance and pupils are working towards the core food competences. Our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through D&T, Science, PSHE, PE and beyond using high-quality teaching schemes to ensure consistency and depth of learning ensuring that pupils experience a well-rounded and engaging curriculum. The Eatwell Guide is used throughout school and underpins all food related learning.

Cooking in the curriculum

At Farsley Westroyd Primary School, cooking and nutrition are essential parts of our curriculum, helping pupils develop vital life skills and an understanding of the importance of healthy eating. We use the KAPOW scheme of work to deliver high-quality, engaging cooking lessons that are aligned with the National Curriculum. These lessons provide pupils with hands-on opportunities to plan, prepare, and cook a variety of dishes, fostering creativity and confidence in the kitchen.

Through the KAPOW programme, children explore key themes such as understanding where food comes from, the principles of a healthy and balanced diet, and how to make informed food choices. Lessons are

designed to be age-appropriate, with younger pupils learning basic food preparation techniques and older pupils building more advanced skills such as following recipes and understanding food safety. By embedding cooking and nutrition into the curriculum, we aim to inspire a love of cooking, promote positive attitudes towards food, and equip our pupils with the knowledge and skills they need to make healthy choices for life.

Early Years Food Preparation and Cooking

Children in the Early Years regularly take part in food preparation and cooking activities throughout the year. A weekly play dough-making activity provides a foundation for learning about hygiene, including proper handwashing and safe handling of ingredients. Additional cooking opportunities are embedded within the Early Years curriculum, such as making gingerbread men, baking bread, and preparing fruit kebabs. These activities not only support learning across a range of subjects but also foster independence, fine motor skills, and an early understanding of healthy food choices.

Each alternating year, pupils will receive a minimum of 6 cooking lessons, which focus on cooking predominantly healthy and savoury meals. Each year group builds upon their knowledge and skills through age-appropriate projects:

- **Year 1: Smoothies**
Pupils explore and handle fruits and vegetables, learning how to identify them. They conduct taste tests to decide on ingredients for their own smoothie, which they then design and make. Pupils also create packaging for their smoothie, integrating creativity and food preparation skills.
- **Year 3: Eating Seasonally**
Pupils discover when and where fruits and vegetables are grown and explore the concept of seasonality in the UK. They respond to a design brief to create a seasonal fruit or vegetable tart using ingredients harvested in the UK in May and June.
- **Year 5: Developing a Recipe**
Pupils research and modify a traditional Bolognese sauce recipe to enhance its nutritional value. They then prepare their adapted recipe and design packaging that aligns with given criteria. Alongside cooking, they learn about where beef comes from and its journey to the table.

By embedding these lessons into the curriculum, we aim to inspire a love of cooking, instil a deep understanding of food and nutrition, and prepare pupils with the practical skills they need to make healthy, informed choices for life.

Teaching Methods

We believe that effective teaching helps pupils develop a deep understanding of healthy eating, as well as the skills and attitudes required to make informed decisions. Our teaching methods offer a variety of participatory learning opportunities, including debates, group discussions, role-play, and hands-on activities, which make lessons engaging and meaningful. These approaches are carefully planned to ensure a cohesive and impactful learning experience.

Leading by example and staff training

Teachers and catering staff play a key role in shaping pupils' knowledge, skills, and attitudes towards food. It is therefore essential that all staff are familiar with healthy eating guidelines, the National Food Standards, and relevant curriculum requirements. Regular staff training and collaboration ensure that the principles of healthy eating are consistently reinforced across all areas of school life, enabling staff to lead by example.

Visitors in the classroom

We value the contributions of external visitors and agencies in enriching pupils' understanding of food and nutrition. However, it is our responsibility to ensure that their input aligns with our school's philosophy,

values, and curriculum. The status of visitors is carefully vetted, and the content of their talks or activities is reviewed to ensure it is appropriate for the age and developmental stage of our pupils.

Resources

A wide range of high-quality resources are available to support the teaching of healthy eating across the curriculum. Resources are carefully chosen to complement learning in PSHE, science, and D&T and are aligned with the schemes we use. A selection of books are also available in the library to further enhance pupils' independent learning. All resources used are available for review upon request.

Evaluation of pupils' learning

The healthy eating aspects of the National Curriculum are assessed through ongoing teacher assessment, ensuring that pupils are progressing in their understanding and application of key concepts. Additional evaluation methods, including planned activities integrated into the curriculum, provide further insight into pupils' development of healthy eating knowledge, skills, and attitudes. These evaluations inform our planning to ensure continuous improvement in this vital area of learning.

Pupil involvement

Each year our pupils in Year 5 and 6 complete the My Health My School Survey. This helps us to make sure that the food provision and our curriculum is meeting our pupils' needs and we can measure the impact of our food policy each year. We have a comments box in the school dining room for pupils to provide us with continuous feedback about lunchtimes. Each term, School Council will review all feedback, and we make changes where possible.

Parent/carer involvement and communication

At Farsley Westroyd Primary School, we value the role of parents and carers in supporting our commitment to healthy eating and nutrition. We communicate and share our **Food Policy** with parents and carers, ensuring transparency and inviting feedback to shape our approach. Views and opinions are gathered through surveys, which help us to refine and improve our provision.

Our menus are accessible through Arbor and the school website, making it easy for families to see the nutritious options available to their children.

To strengthen the connection between school and home, where possible, food prepared and cooked during children's D&T lessons is sent home, giving pupils the opportunity to share their creations and discuss what they have made with their families. This encourages dialogue about food preparation, ingredients, and healthy eating.

In addition, our weekly class blogs showcase the pupils' yearly cooking lessons, highlighting their achievements and the skills they have developed. These blogs also feature any other lessons linked to healthy eating, ensuring parents and carers are kept informed and engaged in their child's learning journey.

Through open communication and active parent/carer involvement, we aim to foster a community-wide commitment to healthy eating and inspire children to make positive, informed food choices.

3. Food Safety

At Farsley Westroyd Primary School, we prioritise food safety to ensure that all food prepared, served, or stored within the school is safe for consumption. Appropriate food safety precautions are followed based on the type of food provided, including:

- Ensuring that adequate storage and washing facilities are available to maintain hygiene and prevent cross-contamination.

- Ensuring that all food handlers receive appropriate food hygiene training to maintain high standards of safety and cleanliness.
- Providing staff with suitable equipment and protective clothing to handle food safely and hygienically.

Any potential food safety hazards are promptly identified and controlled in accordance with regulations and best practices. The school consults with the local Environmental Health Department to ensure compliance with all relevant legal requirements and to keep up-to-date with changes in food safety standards.

4. Equal Opportunities

At Farsley Westroyd Primary School, we recognise and celebrate the unique value of every individual. In promoting healthy eating, as in all areas of the curriculum, we are committed to ensuring that all pupils, regardless of their background, culture, dietary needs, or personal circumstances, have equal access to opportunities to learn about, experience, and enjoy healthy eating.

We believe that understanding and practising healthy eating is a fundamental right and an essential part of personal well-being, contributing to the ethos of “Good to be me, Good to be Westroyd, Good to be Farsley.” Our approach ensures that every child feels included and respected in all food-related activities, whether in the dining hall, classrooms, or during special events, and that their individual needs are met with sensitivity and care.

We aim to create an inclusive environment where cultural diversity and dietary requirements are respected and celebrated. This includes catering for a wide range of preferences, religious practices, and medical needs, ensuring that no child feels excluded. Through thoughtful planning, we provide equal opportunities for all pupils to develop the knowledge, skills, and attitudes necessary to make healthy, informed food choices, empowering them to believe in themselves, achieve their goals, and enjoy their place within our school community.

By fostering a culture of inclusivity in healthy eating, we uphold our core values of Enjoy, Believe, Achieve, Together, ensuring that every child can thrive in a supportive and equitable environment.

5. Monitoring and Evaluation

Our policy is reviewed each year by senior leadership and the Healthy Schools Coordinator. A Full review and consultation with all stakeholders is carried out every 3 years. This year the main priority for our school will be developing a new packed lunch guidance to improve the quality of food brought in from home as it is in line with our healthy school meals. We have a ‘School food action plan’ in place that helps us to plan, prepare and improve our food provision and culture each year. Our key priorities for this year include: Rewards for healthy choices and packed lunches, encouraging healthier choices during breaktimes and involving Food Ambassadors with the monitoring of our food.

The catering team and Senior Leadership Team (SLT) meet at least annually with groups of pupils to identify opportunities for enhancing the school menu and the lunchtime environment. Additionally, children have an ongoing voice in shaping the food policy and school meals through their school council representatives, participation in My Health My School surveys, and individual surveys, which are conducted every two years to gather comprehensive insights.

This collaborative approach ensures that pupil feedback is valued and acted upon, fostering a sense of ownership and continuous improvement in the quality of the food and dining experience at Farsley Westroyd.

6. Links with other policies

- Packed lunch guidance
- Early Years food and nutrition
- Behaviour
- Anti-bullying
- Physical activity
- Health and Safety
- PSHE
- D&T

Policy written by: Monique Martin

Date: 20.11.25

Consultation date:

Policy Review Date: September 2028

Appendix 1

Farsley Westroyd packed lunch guide

At Farsley Westroyd, healthy packed lunches are essential for supporting children's physical and mental well-being, improving concentration, and fostering positive habits for life. This guidance outlines what to include in a healthy packed lunch and foods to avoid.

Green foods/drinks

You can put these in your lunch box every day or as often as you like.

Please make sure you cut up all grapes, tomatoes and blueberries into half length ways to avoid chocking.

Fresh fruit and vegetables

Bread, pittas, rice, wraps and pasta

Meat, fish, eggs and meat replacements

Yoghurt and cheese

Water

Crisps, crackers and breadsticks

Cereal bars, flapjacks and small muffins

Processed meat products such as sausage rolls, pepperoni and sausages

No added sugar fruit juice

Amber foods/drinks

These types of food can be included occasionally as part of a balanced packed lunch.

Red foods/drinks

These foods **should not** be included in a healthy packed lunch box.

Sweets, lollipops and chocolate bars


Fizzy and energy drinks

We are a nut free school. Please do not include any nuts or nut based food


For more information please visit our policies on the school website:
<https://www.westroydprimaryschoolandnursery.co.uk/>


Appendix 2

**PLAYTIME SNACKS AT
FARSLEY WESTROYD PRIMARY SCHOOL AND NURSERY**



APPROVED





UNAPPROVED

FRESH FRUIT

Apples, Bananas, Grapes, Blueberries, Strawberries, Raspberries, Oranges, Pears, Watermelon, Pineapple or Melon.

FRESH VEG

Carrot Sticks, Cucumber Sticks, Cherry Tomatoes, Sugar Snap Peas, Celery Sticks or Peppers (Sliced).

DRIED FRUIT, PLAIN RICE CAKES & BREADSTICKS


Small portions of dried fruit such as raisins or apricots (these must be unsweetened), rice cakes and breadsticks must be unsalted, unsweetened and plain.

HEALTHY DAIRY CHOICES

Small portions of cheese or yoghurt (please ensure these are in suitable containers and stored appropriately).

SNACKS HIGH IN SALT, SUGAR & FAT

- Crisps
- Crackers
- Peperami
- Cereal Bars
- Protein/health bars
- Fruit bars
- Biscuits
- Cookies
- Fruit winders
- Fruit pouches
- Yoghurt coated fruits
- Popcorn
- Flavoured rice cakes
- Salted or flavoured Breadsticks
- Fridge raiders
- Sweets & chocolate



SCAN ME