



# Healthy Eating at School – Parent Guidance

“Eat of the good things which We have provided for you.”  
(Qur'an 2:172)

## National Guidance

We follow the **Department for Education's School Food Standards**, which apply to all primary schools in England. These standards ensure that:

- Meals and lunchboxes are **healthy, balanced and nutritious**
- Children are offered a variety of foods from all the main food groups
- Foods high in sugar, salt and fat are **limited**

## Lunchboxes – What Should Be Included

### ✓ Recommended items

- Fruit and vegetables (fresh or chopped)
- Starchy foods: bread, wholemeal wraps, rice, pasta, potatoes
- Protein: chicken, fish, eggs, beans, lentils, cheese, yoghurt, hummus
- Dairy: milk, cheese or yoghurt
- Drinks: plain water or milk

### ⊘ Not allowed

- Sweets, chocolate, cakes or pastries
- Crisps or fried/snack foods
- Fizzy drinks, juice cartons, energy drinks
- Foods high in added sugar, salt or saturated fat
- Whole nuts or whole grapes (choking hazard and allergies)

## School Snacks

- **School children (Reception – Year 6):** Parents must provide a healthy snack from home each day. This should be a simple, nutritious option such as fruit, vegetable sticks, yoghurt, or crackers. Crisps, chocolate, biscuits, and sugary snacks are **not allowed**.
- Fresh water is always available, and all children are encouraged to drink regularly.

## How Parents Can Support

- Pack a balanced lunchbox following the above guidance.
- Encourage healthy eating habits at home to align with school practices.
- Promote water drinking instead of sugary drinks.
- Inform the school of any allergies, dietary needs or medical conditions.

Healthy eating is part of learning and well-being. By working together, we can help our children grow strong, healthy and focused in their learning.