



# HEALTHY EATING GUIDANCE FOR PARENTS

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Staff:	Headteacher, Phase Leader
Notes:	Statutory, Website
<b>Next Review Date:</b>	Review every 3 years <b>Summer 2028</b>

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a member of



# Healthy Eating at Sandfield Primary School

## **Information for Parents & Carers**

At Sandfield, we're committed to supporting every child's health, wellbeing, and learning through nutritious meals and a positive food culture. We follow the Department for Education's updated guidance on food and drink for schools and early years (effective from September 2025).

## What We Provide

- **A balanced lunch** - every day, including fresh vegetables, fruit, grains, protein, and dairy
- **Water available all day** — we encourage children to bring a refillable water bottle
- **Milk** available for younger children as part of their entitlement
- Meals follow the latest **School Food Standards** and portion size guidance

## Portion size guidance

We serve age-appropriate portions to meet children's nutritional needs without overwhelming them. For example:

<b>Food Group</b>	<b>Typical Portion (Ages 4–7)</b>	<b>Typical Portion (Ages 7–11)</b>
Fruit & Vegetables	40–60g per portion	60–80g per portion
Starchy Foods	60–80g cooked pasta/rice	80–100g cooked pasta/rice
Protein (meat/fish)	40–60g cooked	60–80g cooked
Dairy (e.g. yogurt)	100–125g	125–150g
Bread (wholemeal)	½–1 slice	1–2 slices

We encourage children to listen to their hunger cues and offer second helpings of vegetables when appropriate

## What we limit or avoid

- Foods high in **salt, sugar, or saturated fat**
- Sugary drinks and highly processed snacks
- Items that pose a **choking risk** for younger children

## Lunchboxes from home

If your child brings a packed lunch, we encourage:

- ✓ Sandwiches, wraps, pasta pots
- ✓ Chopped veg or fruit
- ✓ Cheese, yogurt, or boiled eggs
- ✓ Water or milk

We kindly ask families to avoid:

- ✗ Sweets, chocolate bars, or fizzy drinks
- ✗ Foods high in salt or sugar like crisps or snack cakes

## Allergies & special diets

We are a **nut-free school** and take allergies seriously. Please let us know if your child has any:

- Food allergies or intolerances
- Religious or cultural dietary requirements We'll always work with families to provide appropriate alternatives.

## Our approach to food education

- Mealtimes are calm and enjoyable, helping children develop confidence and independence
- Staff model healthy eating choices and positive food conversations
- We incorporate cooking, gardening, and food tasting into our curriculum whenever possible

## Working in partnership

We regularly share menus and updates through newsletters or school apps. If you ever have concerns about food choices, fussy eating, or healthy lunchbox ideas, we are here to help.

