



Belleville Wix Academy

Whole-School Healthy Eating Expectations

At BWA we want every pupil to feel their best, learn well, and stay healthy. Here's what to send in for **snacks and lunches**. Food should be sent in reusable or recyclable containers wherever possible.

Healthy Snacks (Morning Break or After School)

- ✓ Fresh fruit 🍏
- ✓ Veg sticks (carrot, cucumber, peppers) 🥕
- ✓ Dried fruit (no added sugar) 🍇
- ✓ Cheese 🧀 or yoghurt 🥛
- ✓ Wholegrain crackers, breadsticks, rice/oat cakes 🍞
- ✓ Homemade low-sugar bakes (e.g. banana bread) 🍌
- ⊘ No chocolate, sweets, crisps, fizzy drinks, nuts, or sharing bags

Pupils in Reception and Year 1 are given a piece of fruit, funded by the government. There is usually enough for Year 2 to have some as well.

Healthy Packed Lunches

- ✓ 1 portion of fruit + 1 portion of veg every day 🍏
- ✓ Protein (meat, fish, egg, beans, lentils) 🍗
- ✓ Starch (bread, pasta, rice, potatoes – wholegrain if possible) 🍞
- ✓ Dairy (milk, yoghurt, cheese or alternatives) 🥛
- ✓ Drink: water or milk only 💧
- ⊘ No sweets, chocolate bars, fizzy/sugary drinks, nuts, or family-sized bags
- 🚫 Treats in moderation: *one small item* (e.g. biscuit OR crisps – not both)

Drinks

- 💧 Water bottles in school every day (named)
- 🥛 Milk available through the School Milk Scheme
- ⊘ No squash, juice, smoothies, or fizzy drinks

Allergy Safety

- ⊘ **Nut-free school** – no nuts or products containing nuts
- Please inform us of any other allergies or dietary needs