



Food Ambassador Minutes

Date: Monday 11th March 2019

Attendees all welcomed each other to the group

This week:

We discussed how the 'Healthy Packed Lunch Policy' had been received by the children and the successful 'Healthy School Award'.

The children addressed the issue raised by school council, 'that it wasn't fair that school dinners have 3 puddings and packed lunches only have one treat day'.

The ambassadors empathised with how children felt. However, we decided that they needed to learn more about what school puddings contain and the alternatives that they could include in their packed lunches.



The ambassadors suggested introducing 'Packed Lunch Monitors' to promote and celebrate healthy eating, alongside a simple reward system.

What alternative fun foods could children include in their packed lunch?

The children went on 'The Change for Life' website and looked at alternate packed lunch ideas. They made notes of their favourite snacks and then shared them with the group.

The children's favourite recipes will be printed off and shared with families of children who have packed lunches.

What next?

- 1. Introduce Packed Lunch Monitors**
- 2. Introduce reward system for Healthy Packed Lunches**
- 3. Discuss with Mr Brotherton how we can develop children's knowledge on healthy eating during Health Week.**
- 4. Introduce music in the dining hall to create a calm and happy environment. We are going to listen to a variety of music to see which is best suited.**

Thank you to all the Food Ambassadors. You presented all of your views in a very responsible manner.

Mrs Williamson

Remember to wear your badges every day that you are in school. Wear them with pride you have worked hard to get them.

