



# Food Ambassador Minutes

Tuesday 26<sup>th</sup> June 2018

**We welcomed all the Food Ambassadors to the meeting. There was:**

- Kitty, Ethan, Lucy and Harry, Sienna, Arabella, Max, Georgia and Velvet
- Charlie, Oliver and Olivia, Holly and Eisa, Emily, Evie, Ayesha

**We played a welcome game where we all clapped the name of the person sat next to us.**

**We discussed our plans for the new healthy packed lunch policy. We used some large sheets of sugar paper to work out what the policy should look like.**

## We used these ideas of a healthy lunch box:

- Cold pasta with tuna and sweetcorn or cooked peppers and tomatoes
- Sandwich with a filling of:
  - Ham
  - Chicken and lettuce
  - Tuna and cucumber or sweetcorn
  - Salad things
  - Egg and lettuce
- We thought about different types of bread for the sandwich, this could be brown bread, a wrap or pitta bread. We thought all these types of bread are healthier than white bread.
- Vegetable sticks eg. Carrots, cucumber or peppers with a little pot of humus.
- Cheese strings or the light baby bels / Crackers with cheese
- Salad in a small container with ham / cheese / tuna *topping*
- Hard boiled eggs
- Yoghurts
- Fruit such as grapes / oranges / strawberries / apple
- Rice cakes

We played a healthy food box game at the end of our meeting.

We will share our plan with everyone in our class Food Ambassador meeting.

