



# Food Ambassador Minutes

**Date: Monday 16<sup>th</sup> January 2019**

Attendees all welcomed each other to the group

**This week:**

We analysed the packed lunch questionnaires to see if every child in school received a well-balanced meal based on the 'Eatwell Plate'. Most packed lunches included: starchy food, protein, dairy and fruit and vegetables. However most packed lunches also had at least 1 sugary or high fat snack.

We shared and discussed our ideas on how to improve packed lunches based on our knowledge of school dinners. This is what we decided:



**How could we improve packed lunches?**

We designed a child friendly packed lunch policy and decided on what must be included in the packed lunches based on the 'Eatwell plate'.

We then discussed how we can reduce the amount of high fat snacks being brought into school each day. We decided to only have high fat/ sugary foods on a Friday. The Food Ambassadors decided to introduce 'Treat Friday', so that every child could have a treat alongside a well-balanced diet. The Food Ambassadors thought this was extremely important as children on school dinners have Fish and Chips on a Friday.

The children discussed sharing healthy packed lunch ideas on the back of the policy to help support parents.

**What next?**

1. Present new Packed Lunch Policy to whole school.
2. Send the new child friendly packed lunch policy home.
3. Design a healthy packed lunch menu to share with families for ideas.
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. They 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.**

