

HEALTHY EATING



We operate a Healthy Eating Policy in school and children have access to a water cooler from which they can refill water bottles. No fizzy drinks are allowed. Healthy eating and leading a healthy lifestyle is very important for everyone, especially children, to ensure they receive the nutrients they need to grow and develop. Like you, we want the best for your child and healthy eating is essential to help them live each day to the full. We would ask that, if providing break or packed lunch for your child, you follow the guidelines set out below.

For break children will be strongly encouraged to have: **Healthy Break Monday & Tuesday**

- ✓ Milk, water or fruit juice
- ✓ Fruit
- ✓ Vegetables
- ✓ Bread, scones or pancakes (try to use wholemeal and granary varieties)
- ✓ Plain breadsticks or crackers with a small portion of cheese (soft or hard)/plain biscuit
- ✓ Sandwiches
- ✓ Frubes
- ✓ Plain Rice Cakes
- ✓ Crackerbread

Children will be discouraged from having (or only **ONE** in their lunch box):

- Fruit Shoot
- Any type of confectionery, e.g. chocolate products or sweets
- Cereal bars
- Crisps or crisp-like products
- Cakes or buns
- Chocolate biscuits/cream biscuits
- Yogurt pots
- Fruit Winders
- Chocolate spread
- Jams, marmalade and honey
- Custard Pots or Jelly Pots

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