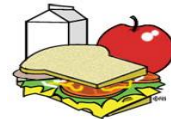




# Healthy Eating



## Introduction

Eating habits throughout life are established at a young age. Therefore learning to choose and enjoy different foods in childhood provides the foundation for healthy food choices in adulthood.

## Aims of Policy

- to support families in their efforts to foster healthy eating habit.
- to promote lifelong healthy eating habits.
- to promote nutrition awareness i.e. ingredients in all foods but especially snack foods and sugary soft drinks.
- to enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.
- to support school environmental policy - Reduce, Re use, Recycle i.e. bringing drinks in re usable bottles, minimising wrappers etc.
- to minimise with the ultimate aim of eliminating 'junk food' by increasing consumption of healthier options.

## Green Flag School

Our Green School Motto is 'Keep it green, keep it clean'

With this in mind, children are also asked to:-

- take home in lunchbox - all uneaten food and containers
- put only fruit peel into the compost bins.

Research suggests that nutritious food enhances:

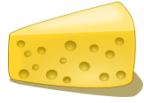
- child's health - ensuring healthy body, shiny hair, strong bones, good teeth, beautiful skin.
- child's concentration and attention levels
- energy levels leading to improved physical activities performance i.e. sports / games.

## Suggestions for Healthy Lunches

Lunch Box to include:

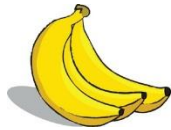
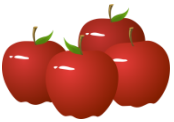
**Bread & Alternatives** - bread, bagels, rolls, pitta pockets, baps, rice cakes, croissants, wrap (preferably wholemeal / wholegrain)

Potato salad, pasta, wholemeal scones, bread sticks, crackers, oat cakes



**Fillings** - meat, cheese, lettuce, tomato, banana, tinned fish, peanut butter, jam, apple / cheese tofu / low fat dressings/sauces  
quiche, hummus, guacamole, beans, tahini, quorn  
Add taste & variety to sandwiches

**Salads** - vegetable salad ie carrot /cucumber sticks, fruit salad in re sealable boxes



### **Fruit and Vegetables -**

Apples, banana, peach, kiwi, mandarins, orange segments, plum, grapes  
Fruit salad, raisins, sultanas, dried apricots, pineapple segments  
Cucumber, sweetcorn, mushrooms, tomato, coleslaw

**Drinks** - unsweetened pure fruit juice, milk, diluted sugar free drink  
water - maybe with a slice of lemon, cucumber, mint



### **Not to be included:**

Fizzy Drinks, Taytos, Chocolate, Chewing Gum, Popcorn  
(healthy but as an after school option)  
Treats acceptable on special school occasions.