

GREENWOOD PRIMARY SCHOOL

HEALTHY FOOD POLICY

Greenwood Primary School recognises the need to encourage healthy eating habits from an early age as this will help children to reach their full potential in terms of their growth and development.

By establishing a policy we aim to ensure that all aspects of food and drink in our school promote the health and wellbeing of the school community.

This policy relates appropriately to guidance on nutritional standards in school which underpins the provision of healthy school meals and implements the guidelines given by various government agencies: Department of Education, Health Promotion Agency and the Community Dental Service.

Healthy Break Policy

Greenwood Primary will actively promote health lifestyles, part of which is providing children with age appropriate information on food values and the importance of eating healthy snacks.

Therefore, a whole school policy which aims to ensure children do not take high sugar containing snacks between meals will be implemented. The dental and general health of all pupils will be promoted and it is believed that habits will be formed that will be continued in future years.

We owe the children in our care the best possible start to life and wish to safeguard their general wellbeing.

Suggested healthy breaks:

- Fruit
- Vegetables
- Bread based snacks –no sugar based fillings please
- Cheese/ crackers
- Bread sticks

A drink of milk or water will be provided in the classroom for break.

Please consider:

Can your child finish eating the snack in the 10 minutes allocated, e.g. the size of apple, can the orange be peeled easily?

Cereal bars, biscuits or other highly processed snacks of any description will not be permitted, as many contain high levels of sugar and additives. Yogurt style snacks would also be inappropriate due to the difficulties of storage and eating.

Parents are requested to only send snacks with their children that comply with the school's policy or purchase a suitable snack from the school kitchen. Unfortunately if your child brings a high sugar containing snack to school it will be returned home.

We value the support of everyone involved in helping us to carry out this important school policy and suggest that parents may wish to support the initiative by providing similar healthy between-meal snacks at home.