***Healthy Eating***

It is so important for us to encourage our children to eat healthily and to help them develop good habits for life. A nutritionist and Education Authority School Meals Advisor has been involved in developing our break time guidelines. The list below, **covering break only,** has been authorised by the Board of Governors and there is now an expectation that all parents will adhere to the list provided below. We continue to encourage you to send healthy items in your child’s lunch box and to limit the number of treat items. We really appreciate your support.

***This list refers to break time only***

|  |  |  |
| --- | --- | --- |
| ***Acceptable to eat*** | ***Not Acceptable*** | ***Friday’s a treat day so you can eat*** |
| **Fresh Fruit**  **Fresh/raw veg e.g. chopped or slice carrots, peppers, sugar-snap peas**  **Fruit salad (fresh or tinned in fruit juice NOT Syrup)**  **Bread: white or brown bread, rolls/bread muffins, baguettes, bagels, wheaten, soda, potato, tortilla or pitta bread spread with butter or margarine**  **Crackers or bread sticks with spread e.g. butter or margarine, cheese.** | **Dried fruit (coated in chocolate or yoghurt) or glace cherries**  **Crisps**  **Confectionary i.e. chocolate or sweets**  **Sugary spreads including jam, honey, marmalade or chocolate spread and peanut butter**  **Cereal bars (due to high sugar content) / biscuits / cake bars / cakes**  **Sweet or high fat pastries/breads e.g. cake muffins, brioche, croissants, Danish pastries**  **NUTS (due to nut allergies)** | **Dried fruit (uncoated) e.g. raisins, sultanas (no nuts)**  **Pancakes**  **Scones**  **Fruit bread**  **Malt loaf spread with butter or margarine**  **Processed cheese products e.g. cheese strings**  **dairylea products**  **Yoghurts** |
|  |  |  |
| **Sandwich with sugar-free filling such as ham, salad, chicken or cheese** |  |  |
| **Rice cakes** |  |  |
| **Cheese portion e.g. cheddar** |  |  |
|  |  |  |

Foods eaten at break time will be monitored by the class teachers. Parents or carers are encouraged to please help their children to stick to these guidelines. We really appreciate your support and know that it is in the best interests of our children.

As a treat, on Fridays only, children can bring in food items from the “Friday Treat” list. On occasion we will allow other sweet treats and crisps in school. We all enjoy and treat and want children to learn and understand that on occasion this is ok to enjoy.

***To Drink***

|  |  |
| --- | --- |
| **Permitted** | **Not Permitted** |
|  |  |
| **Tap Water** | **Fruit juices including pure fruit juices** |
| **Unflavoured, still bottled water** | **Smoothies** |
| **Milk – whole, semi-skimmed or skimmed unflavoured milk** | **Sparkling water** |
|  | **Squash** |
|  | **Fizzy Drinks including those labelled‘diet’, ‘zero’ or ‘no added sugar’** |

Children can also have unflavoured/still bottled water on their desks to drink at any time.

**\*We have a number of children with Nut Allergies in school. Please do not send in nuts for snack/lunch or items containing nuts.\***