

HEALTHY EATING POLICY

AIM OF THIS POLICY – to empower students to adopt a healthy lifestyle from an early age highlighting health and nutrition and also promoting physical activity. The following FOODS SHOULD NOT BE BROUGHT TO SCHOOL:

- Foods high in fat, sugar and salt should NOT be brought to school.
- Packets of snacks should NOT be brought to school.
- Soft Drinks and sugar sweetened drinks should NOT be brought to school.
- Sweets and Chocolates are also NOT allowed.

The following guidelines are suggested:

- Before leaving home for school, students should be given a **HEALTHY BREAKFAST**.
- Students should bring **WATER** only to school for drinking.
- Students should be given a healthy lunch to eat at school such as **FRESH BREAD ROLLS WITH A HEALTHY FILLING**. For example tuna, ricotta, low/medium fat cheese, hard boiled eggs and low fat spread are all examples of healthy fillings.

THE SCHOOL TUCKSHOP IS DUTY BOUND TO SELL ONLY HEALTHY FOODS AND DRINKS ACCORDING TO A LIST OF PERMISSIBLE FOODS AND DRINKS AND A LIST OF PROHIBITED FOODS AND DRINKS AS ISSUED BY THE MINISTRY FOR EDUCATION.