



St Michael's C of E Primary School

HEALTHY SNACKS AND DRINKS POLICY

INTRODUCTION

We are aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food on the health and behaviour of children. We also understand the need to improve the diets of children and the role our school can play in this.

AIMS AND OBJECTIVES

We aim to encourage our children to develop healthy eating and drinking behaviours. We will promote clear and consistent messages about food, drink and nutrition through our curriculum.

SCHOOL MEALS

The Chartwells school meal contract meets gold for life standards. We aim to provide a user friendly dining area for both school meals and packed lunches.

PACKED LUNCHES

We encourage parents/carers to provide their children with a healthy, varied packed lunch each day.

SNACK, REWARDS AND TREATS

Fruit and vegetables are the only break-time snack allowed

High fat, high sugar snacks will not be given as rewards within lessons

The school will not give out sweets and cakes as birthday/holiday treats, even if brought into school by parents/carers

An occasional treat may be occasionally given on a Friday as part of the golden time reward system.

Exceptions apply to food provided -

- (a) at parties or celebrations to mark religious or cultural occasions;
- (b) at fund-raising events;
- (c) for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch; or
- (d) on an occasional basis by parents or pupils.
- (e) as part of an Edison National Curriculum theme/topic e.g Y1 alien tea party

RATIONALE

Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fibre. Serving fresh fruits and vegetables can seem challenging. However, good planning and the growing number of shelf-stable fruits and vegetable products on the market make it easier. We will remind parents and carers that though some think fruits and vegetables are costly snacks, they are actually less costly than many other less-healthy snacks on a per-serving basis.

WATER

Children are encouraged to drink water throughout the school day.

FOOD ALLERGY

The school has considered the needs of pupils with food allergies. We will ensure that affected children are not unknowingly exposed to food allergens like nuts and seeds, dairy, gluten during school hours. When teaching the food and nutrition curriculum, we will consider the needs of food allergic children.

HEALTHY SNACK LIST

FRUIT

Apples , Apricots
Bananas, Blackberries
Blueberries, Cantaloupe
Cherries, Grapefruit
Grapes (red, green, or purple), Honeydew Melon
Kiwis (cut in half and give each child a spoon to eat it)
Mandarin Oranges, Mangoes
Nectarines, Oranges
Peaches, Pears
Pineapple, Plums
Raspberries, Strawberries
Tangerines, Watermelon

DRIED FRUIT

Raisins, apricots, apples, cranberries, pineapple, papaya, and others with little or no added sugars.

VEGETABLES

Broccoli, Carrot sticks or Baby Carrots
Cauliflower, Celery Sticks
Cucumber, Peppers (green, red, or yellow)
Snap Peas, String Beans, Tomato slices or grape or cherry tomatoes

Policy Reviewed: Autumn 2014