



Healthy Eating Policy



At Clintyclay Primary School we want to encourage healthy eating among staff and pupils and as a result have adopted a Healthy Eating Policy.

We have worked with health professionals to develop this policy.

The Board of Governors is committed to this policy.

As part of our Healthy Eating Policy **children:**

- Will be encouraged to eat fruit, vegetables or bread based products at break time.
- Will be encouraged to drink milk or water at break time.

As part of our Healthy Breaks policy **school staff:**

- Will be encouraged to eat fruit, vegetables or bread based products at break time.
- Will be encouraged to drink milk, water, tea or coffee at break time.

As part of our Healthy Breaks policy **parents / those with parental responsibility:**

- Will be provided with information on the foods and drinks that are suitable for a break time snack.

The foods and drinks recommended for the Healthy Breaks policy may be suitable for some therapeutic diets. However, the child's dietary requirements devised by the dietician should be adhered to. If any issues arise, teachers will consult parents/carers or relevant health professionals for advice.

Water will be available in the school as a break time drink and pupils have access to water throughout the day.

The school will not accept sponsorship from companies which may undermine the Healthy Eating ethos of the school.

The Healthy Eating messages will be reinforced throughout the child's school day.

The school will monitor the policy regularly.



EAT IN SMALL QUANTITIES

Cookies
Mini Muffins
Pretzels
Banana Bread

EAT IN MODERATION

Ham slices
Chicken / Turkey
Meat balls
Tuna/salmon
Cheese sticks
Boiled eags

Savoury muffins
Rice cakes
Yoghurt
crackers
Healthy snack bars

EAT MOST

Vegetables:
Carrot sticks
Celery sticks
Cucumber sticks
Broccoli florets
Cauliflower florets
Avacado

Fruit
Apples
Bananas
Kiwi
Grapes
Oranges
Watermelon

Drink lots of water
and or milk



Pack a healthy lunchbox

For a **HEALTHY, BALANCED** packed lunch, choose something from **EACH GROUP 1, 2 & 3**...

1. Fill-you-up foods

Have a **BIG PORTION** of **SLOW-RELEASE ENERGY FOODS** (starchy carbohydrates).
Wholegrain is best.

Choose **BREAD, ROLLS, PITTAS**.
MAKE A SANDWICH or **PASTA, POTATO, COUSCIOUS, LENTILS, CHICKPEAS, RICE**.
MAKE A SALAD

TODAY'S SANDWICH FILLINGS

- tuna & sweetcorn
- banana & peanut butter
- cottage cheese & peppers
- cottage cheese & pineapple
- hummus & celery
- sausage & tomato
- cheese & pickle
- ham & coleslaw
- chicken & salad
- hamster & cucumber
- sardines & trout
- cold meat & salad
- egg & tomato

OR wholemeal, seeded, rye, olive bread - sliced, rolls, buns, chapattis, muffins

DIPS: low-fat mayonnaise, low-fat spread, lemon juice, salad

2. Help-you-grow foods

Have a **SMALL PORTION** of **MEAT, FISH or VEGETARIAN ALTERNATIVES** (protein)...

peanut butter, hummus, lentil pâté, cold cooked meat and poultry, tinmed fish, fish pâté, hard-boiled egg, cheese, grated, sliced, or as a spread, yoghurt, grilled bacon

... plus a **SMALL PORTION** of **DAIRY** foods (for calcium).

3. Fruit & veg

Pack **TWO PORTIONS** in a **SALAD** or **SANDWICH**, or just to eat **ON THEIR OWN**.

dried fruit and nuts, a handful of small fruit, a whole piece of fruit, a tomato or fresh vegetable sticks

SALAD SUGGESTION
CHOOSE a fill-you-up BASE

- rice • lentils • pasta • couscous
- pulses • potato

ADD SALAD VEG

- mushrooms • celery • carrots
- cauliflower • cabbage • peppers
- tomatoes • cucumber • dices
- sweetcorn • beansprouts

MIX together

- reduced fat mayonnaise
- salad cream • yoghurt

LOVELY!

Take a drink

Use a carton or leak-proof plastic bottle...

- water
- milk
- smoothies
- real fruit juices

From time to time

- a slice of fruit or carrot cake
- cereal bar
- fruit bar
- scones
- fruit loaf
- flapjack