

SUNCROFT NATIONAL SCHOOL

Policy Number: 36 - HEALTHY EATING POLICY

REV: 3

Suncroft National School encourages parents to give nourishing lunches to their children.

We ask parents to give their children a lunch that will endeavour to promote healthy teeth and bones and a calm, well nourished body and mind.

The following is a list to clarify what is and is not an acceptable Healthy Lunch:

Allowed

Any and all types of sandwiches
Crackers
All fruit
Popcorn
Cereal bars
Rice cakes
Cereal in a container
Cheese
Cold meats/fish
Yoghurts/Frubes
Plain biscuits e.g.
Digestive/Rich Tea
Croissants
Salads/Pasta

Beverages

Water
Juices/Milk
Dilutes squashes
Actimel Drinks

Not Allowed

Sweets/lollies
Cakes/buns/muffins
Chocolate coated bars/biscuits
Crisps of all types
Cereal bars with sweets embedded in them

Beverages

All fizzy drinks
All isotonic/energy drinks