

Woodland National School Healthy Eating Guidelines

A good diet and plenty of sleep, fresh air and exercise are essential to the growing child. Allow plenty of time in the morning for your child to eat a healthy breakfast and ensure your child has a healthy lunch.

The school promotes a healthy eating policy. Crisps, fizzy drinks, popcorn, chocolate etc. are not allowed:

1. Woodland N.S. through these guidelines aims to help all those involved in our school community, children, staff and parents, in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.
2. A healthy lunch box includes a piece of food from each of the first four shelves of the food pyramid.

Suggestions include:

- Bread, rolls, scones, pitta bread, tortillas, pancakes, crackers, crispbread, wheaten or soda bread, plain rice cakes.
- Fillings such as ham, cheese, salad, chicken, tuna or peanut butter.
- Fruit/vegetables such as apples, oranges, grapes, pears, bananas, raisins, raw carrot or raw celery sticks.
- Please avoid chocolate coated foods/chocolate spreads
- **No** Yoghurt, fromage frais, yoghurt drinks, cheese strings, smoothies or cereal bars are allowed

3. Friday is our treat day. On this day we can include one piece of food from the top shelf of the pyramid.

Suggestions include:

- Bars, biscuit, crisps, sweets, chocolate spread on sandwiches, cakes, buns, chocolate dippers, etc.

4. Fizzy drinks, popcorn, Fruit Winders, Rice Krispie squares are not allowed. Suggestions for drinks include, water, milk or fruit juices. Cans and glass bottles are not permitted for safety and litter reasons. Please use plastic bottles for drinks which can be washed and reused as this reduces our litter. Please avoid sending cartons.

5. Foods, which have wrappers are to be kept to a minimum and again, if possible sandwich boxes or reusable plastic sandwich bags should be used.
Any wrappers are to be brought home.