**St Stephen's National School**

**Healthy Eating Policy**

Through these guidelines St Stephen's NS 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.

Children forming healthy habits feeds directly into their physical and academic development as well as their overall sense of well being. Concentration, stamina and general behaviour in children are notably improved.

Wrappers are to be kept to a minimum and taken home in a child's lunch box to protect our school environment, keep parents in touch with what their child eats and to encourage responsibility for the disposal of their own litter.

**Friday Treat - On Fridays only**, children will be allowed to bring in **ONE SMALL TREAT** eg. fun size bar, small bag of jellies/sweets/biscuits**. No** crisps, popcorn or fizzy drinks. This treat is also allowed on the last day of each term.

**Foods to be avoided:**

Yoghurts (if your child can't manage them), chewy/sticky/cereal bars, sweets and chocolate, crisps, nuts (nutella etc.) popcorn, fizzy drinks - (no cans or bottles), **No** chewing gum.

St Stephen's is a "**Nut Free Zone**" due to children with nut allergies. Please do not give your child products containing nuts.

**Foods to be recommended**

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| --- | --- | --- | --- | --- |
| Bread & Cereals | Fillings | Fruit & Veg | Milk/Dairy/Cheese | Drinks |
| Brown Bread | Ham | Orange | Cheese Strings | Water |
| Crackers | Cheese | Apple | Cheese triangle | Orange Juice |
| Rolls/Baps | Turkey | Banana | Cheese slice | Apple Juice |
| White Bread | Chicken | Kiwi | Baby Bel | Diluted Drink |
| Brack | Salad | Carrot |  | Milk |
| Pitta Bread | Corned Beef | Grapes |  | Fruit Juice |
| Pancakes | Egg | Pear/Plum |  | Yoghurt Drink (if |
| Scones | Coleslaw | Strawberry |  | Your child can |
| Potato Bread | Tuna | Peach |  | Manage it) |
| Soda Bread | Banana | Nectarine |  |  |
| Rice Cakes | Beef | Pineapple |  |  |
| Bread Sticks |  | Cucumber |  |  |
|  |  | Celery/Peppers |  |  |
|  |  | Tomatoes |  |  |
|  |  | Lettuce/salad |  |  |
|  |  | Apricot |  |  |
|  |  | Melon |  |  |
|  |  | Raspberry |  |  |