

Nutrition Policy Part 2

The morning period is mentally challenging for all children so the importance of a healthy breakfast cannot be stressed enough. MEEC will allow all children to finish or have their breakfast in their room.

In addition to food content in their lunch boxes an emphasis is placed on the amount of packaging - from an environmental perspective. The packaging on foods can however help to tell us what is in certain foods.

We recognise nutrition needs to be a part of the child's education both at home and at school. To this end there will be on going education regarding nutrition with all children integrated within the curriculum. We encourage healthy eating at home as well!

Nutrition Guidelines

Aim

To encourage children to fuel their bodies with the foods which will best assist to fuel their brains and to keep them healthy.

Drinks

Water is freely available for all children.

Snack

Snack is available throughout the day. This consists of fruit. The children help to cut up the fruit that is readily available during the day.

Lunch

Children should bring a balanced nutritious lunch.

Guidelines are:

- Unprocessed is best e.g. wholemeal/multigrain/rye etc in preference to white
- Raw fruit in preference to fruit in juices/syrups
- Raw vegetables are an excellent snack to put in the lunch box
- Avoid foods with high salt or high sugar content





Packaging

Aim to send lunches which are not pre-packaged.

Notes

- Sharing of foods is not allowed
- No chocolate, sweets or lollies to be put in lunch box. If these items are found in the lunch box the child will be asked to leave them in their lunch box and to take the items home.
- All children will be supervised whilst eating lunch
- Any uneaten lunch will be taken home.
- Refrigeration and microwaves are available at the school.
- If a child persistently brings inappropriate foods to school, parents will be advised.
- Do not hand out lollies, chocolates or sweets when it is your child's birthday.

