



# Child Friendly Healthy Eating – Policy



Head Teacher		Mr Tim Redgrave	
Chair of Governors		Mrs Emma Safhill	
Date Adopted by Governing Body		September 2020	
Last Review Date	Sept 2020	Date to be reviewed	Sept 2022



## Child Friendly Healthy Eating – Policy

### Introduction

Ysgol Esgob Morgan has been awarded the 'National Quality Award' for Healthy Schools. Therefore we take healthy eating / snacks very seriously.

### Recommended Snacks

- Fruit
- Vegetables (Carrot Sticks / Cucumber / Tomatoes)
- Yogurts
- Raisins (or other dried fruits)
- Crackers
- Healthy Cereal Bars

### It is **NOT** recommended to bring...

- Sweets
- Chocolate
- Crisps
- Fizzy drinks
- High sugary drinks / foods

### School Dinner

School dinners are provided to all children who want them. All meals are well-balanced meals. Menus available to see in the school hall and on the school website.

### Food Buddies

- 6 or more members
- At least 2 members from each year group (Y3, 4, 5 and 6)
- To meet regularly and discuss how we can improve healthy eating

### Rewards

Tokens are rewarded to those pupils eating healthy snacks during break times. This is monitored by our 'Food Buddies'.

### Fruit Tuck

Fruit Tuck is available to buy in school. 20p for a healthy snack, 50p on a Friday.