
But my child doesn't like fruit or veg!

Humans seem to have an inclination towards sugary, fatty and salty foods which may come from a time when food was scarce and we needed to get as much as we could whenever we could. Nowadays we have easy access to foods that contain far more of these things than we need. Children need help to acquire healthier tastes and routines and the early years are the ideal time to do this.

But it sometimes seems fruit is more expensive!

Convenience snacks can seem cheap as they are often available in multi packs or on offer. However if you compare the price of a bag of crisps to, for example, a banana you'll find the reality is that the cost is similar. Especially when you think about nutritional value of one compared to the other.

Convenience snacks may have a longer shelf life but the processing and preservatives that give them that shelf life are another good reason to encourage a taste for good, fresh food.



"Apparently some of the additives cause a nerve disorder, but some of the other additives cure it."

Treat Fridays - All things in moderation!

There is nothing wrong with the odd treat and we enjoy a treat as much as anyone !

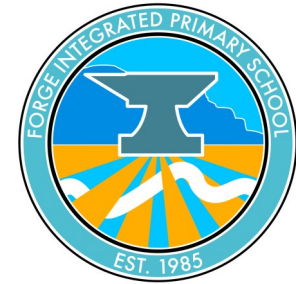
Having recently surveyed parents, staff and pupils on range of school issues, one of the themes that came through was a need for more structured and consistent messages around snacks. From now on we are saying no to sweets and treats being sent in for birthdays etc. as they can become almost daily.

We will still have occasional class parties at Christmas etc. and we are incorporating Treat Friday into breaktimes **on Fridays only** where children can, if they choose to, bring in a small treat to accompany their healthy snack. This should be a small chocolate treat, a sweet or two, or a small bag of crisps (No Jumbo packs or giant choccy bars please)!

This indulgence provides an incentive and a treat at the end of a productive week. Remember, including healthy food is a positive and sustainable trait to focus on and just as important as excluding less healthy food.

For the rest of the week, we are in the business of helping children to establish good routines that will stand them in good stead for the future. That means that on a daily 'work-a-day' basis we are going to be pushing the Healthy Foods message.

We make no apology for this and we ask that you support us - together we can make a difference and potentially form the habit of a lifetime.



Smart Snacks



For Smart Kids!

Working Together For Healthier Habits!

We want to encourage healthy habits among our pupils

Nobody is perfect all the time but at Forge the message is that fresh fruit and vegetables are essential everyday foods.

They help to develop strength and resistance to illness.



We want parents to send in only healthy foods for breaktime snacks and water or milk to drink.

Why is the school telling us what we should be eating?

Habits formed in the early years stay with us!

We have a responsibility to encourage children to develop healthy habits - if they don't get it from us (home & school) they won't get it!

The evidence supporting healthy eating habits as a preventative measure to protect against disease and ill health is as strong as the argument for trying to stop children from smoking.

There is a fantastic opportunity for schools and parents together to encourage good food knowledge and habits amongst children,

Yes Please!

- Fresh Fruit
- Fresh Vegetables— carrot sticks make a crunchy snack
- Sandwiches
- Yoghurt
- Water
- Milk



This is a **Positive** Policy aimed at concentrating on what we **do** want children to eat rather than what we don't. To get into good habits and develop healthy tastes we feel we need to make the available choices healthy ones. If there is a choice of an apple or a chocolate bar too many of us choose the chocolate bar too often. By sticking to healthy choices in school we'll be doing our children a favour.

Examples of Nutritional Info — Fresh Fruit Per 100g

- Bananas—Calories 89, fat 1%, Saturated Fat 1%
- Apples— Calories 52, fat 0%, Saturated Fat 0%
- Oranges—Calories 47, fat 0%, Saturated fat 0%

Fresh fruit and Veg are also high in essential vitamins in the natural form that is most easily absorbed by our bodies.

Source: nutritiondata.cself.com

No Thanks!

- Crisps
- Nuts (For allergy reasons)
- Chocolate
- Biscuits
- Cereal Bars—these may appear healthy but often have a higher fat and sugar content than you think and also can contain nuts.
- Processed juice drinks
- Fizzy Drinks



Examples of Nutritional Info — Popular Cereal Bars Per 100g

- Coco-Pops Cereal and Milk Bar - Calories 415 fat 11%, saturated fat 9%,
- Rice Krispies Cereal and Milk Bar- Calories 413, fat 11%, saturated fat 8%,
- Nutrigrain Bar - Calories 359, fat 8%, saturated fat - 3%,

Source: Kellogg's

