

# HEALTHY FOOD

FUEL FOR A BETTER LIFE



# The Warndon Way



Happy Hearts

Enquiring Minds

Promising Futures

# Updated Healthy Eating Policy

Parents and carers have been sent our updated healthy eating policy.

We want you to bring in foods that will help you stay focused, energized and ready to learn!



**Feel Happy and Confident** – healthy snacks keep your body and brain feeling good

**Grow Strong Like Superheroes**

**WHY HEALTHY EATING MATTERS?**

**Super Energy for Play!**  
– they give you the power to run faster, jump higher and play longer without getting tired.

**Brain Booster** – they make it easier to focus in class, remember cool facts and do your best.



# Packed lunches might include:



## Fruits and Vegetables

Rich in vitamins, minerals, and fiber



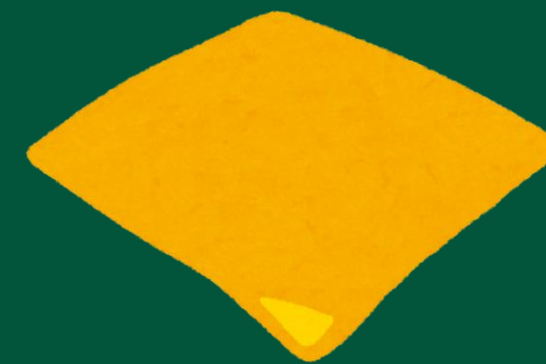
## Slow release energy

Bread, wrap or pasta



## Proteins

Meats, fish, eggs, and beans



## Dairy Food

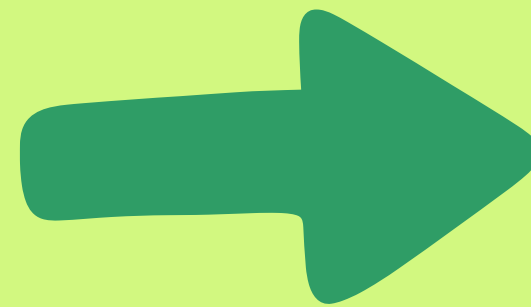
Milk, cheese, yogurt or fromage frais



## A drink

Water, milk or diluted no-added-sugar juice

# Super Snack Swaps



Crackers, rice  
cakes or  
breadsticks



Vegetables

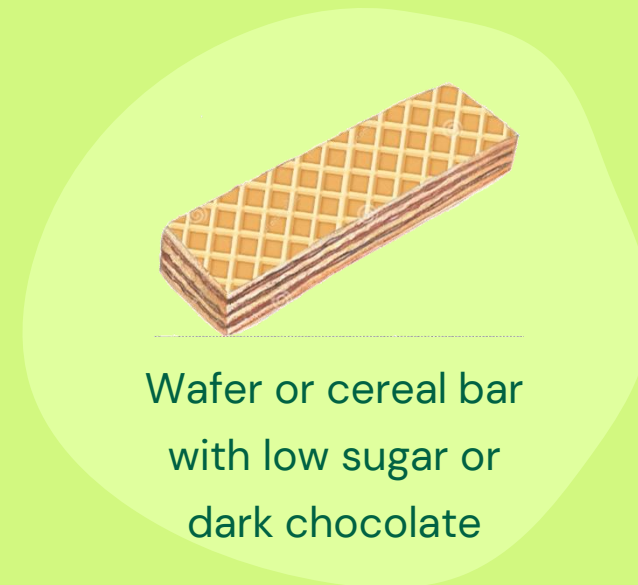
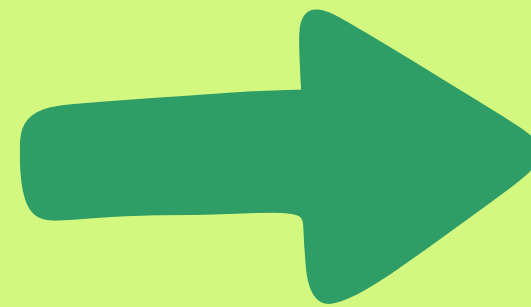


Fresh or dried fruit



Cereal bars

# Super Snack Swaps



# SNACK BINGO

Win a prize for your whole class by trying something new and bringing in a healthy snack this January. Show your snack to your teacher to tick it off the BINGO sheet. The first class to BINGO or with the most ticked off at the end of the month will win a prize!

 Crackers	 Carrot	 Rice Cakes	 Cucumber	 Breadsticks
 Raisins	 Cereal Bar	 Orange	 Dried Fruit	 Wafer Bar
 Cheese	 Popcorn	FREE SPACE	 Banana	 Grapes
 Apple	 Tomato	 Jelly	 Homemade Snack	 Pear
 Smoothie	 Milk	 Flapjack	 Yogurt	 Egg

# JANUARY RESET

Ask your grown ups to try a new, healthy snack. If you bring in an unhealthy snack you may be offered to swap for a piece of fruit.

Play Snack Bingo – which class can tick off the most healthy snacks and win a prize!

Join in with daily beat the blues activities for ALL of January!

