

Funny Bunnies Healthy Eating Policy

Here at Funny Bunnies we promote and encourage healthy eating and drinking.

The children are given a snack midmorning which has a choice of fruit and savoury options, plus a drink of milk or water.

Children are to bring their own water bottle to school preferably containing water, which we will top up during the day should the need arise. **We do not allow** fizzy drinks and encourage sugar free flavoured water to be used instead of squashes.

Lunch boxes are to be healthy and balanced also, **we are not** allowing any sweets, cakes, crisps, chocolate or sugary yogurts such as a chocolate mousse.

Please, also remember we are a **NUT FREE** zone, this includes Nutella, chocolate spreads & peanut butter. Please choose other alternatives for your child's sandwiches.

If your child brings in any of these sugary treats they will be put back in their lunch box to be eaten at home time.

Staff and volunteers will be included in our new healthy eating plan. The reason for the cut of the sugary contents is to help support your child to stay on track in their learning. There has been significant research showing that foods with a high sugar content can influence a child's behaviour and ability to concentrate.

Please help us by providing your child with a healthy lunch, here are some examples:

<p>Savoury Sandwiches, Wraps, Rolls (ham, cheese, chicken, egg or tuna)</p> <p>Crackers</p> <p>Cold pasta/rice dishes</p> <p>Meats (chicken, crab sticks, salami, slices of ham)</p> <p>Sausage Roll</p>	<p>Cheese (babybel, cheese string, cheese slices/stick</p> <p>Yogurts (Frubes, Munch bunch or Petits Filous)</p> <p>Hardboiled eggs</p>	<p>Fruit (Bananas, Strawberries, raisins, grapes, melon or apples)</p> <p>Veg/Salad (cucumber sticks, carrot sticks, cherry tomatoes or celery sticks)</p>
--	---	--

<p>My Healthy Lunch box 😊</p>  <p>✓</p>	<p>My unhealthy Lunch Box ☹️</p>  <p>✗</p>
--	--