



## HEALTHY EATING AT PHOENIX IPS

Phoenix IPS operates a healthy approach to break and lunch. Please send in break with your child each day in line with healthy eating guidelines for Primary Schools, the snack should be fruit, vegetable or bread based with no sugary spreads. Crisps, bars, etc are not acceptable as break choices. Check out the link below for support with healthy snacks and lunchboxes. Thank you for supporting us with this.

<https://www.eani.org.uk/parents/school-meals/healthy-eating>

### **DID YOU KNOW?**

In Northern Ireland, the condition of our children's teeth is much worse than in other parts of the UK and Ireland. One of the main causes is our **frequent** eating of sugary foods and drinks. Each time we eat or drink sugar, it is converted into acid. Teeth can generally withstand 3-4 'acid attacks' per day before tooth enamel sustains any real long-term damage.

By limiting **break time** to sugar-free snacks and drinks, we can reduce the number of acid attacks on our children's teeth (this does **not** mean banning snacks and puddings with sugar in them at lunchtime). Sweets, chocolate and crisps are not permitted.

Sticking to healthy snacks and drinks can also help towards avoiding other health problems such as obesity, cancer and heart disease.

### **Snack Ideas**

Make snacks attractive, colourful and varied from day to day to encourage your child to enjoy them.

Fresh fruit and/or vegetables;

Phoenix Integrated Primary School Healthy Break Guidelines

Fun sized portions of fresh fruit, eg, banana, apple, pear.

Fruity colour Kebab (eg strawberry, grapes, pineapple, kiwi)

Rainbow fruit pots with a variety of chopped fresh fruit.

Rainbow veggie pots with a variety of chopped vegetables, eg celery carrots, cucumber, peppers, cherry tomatoes.

Veggie colour kebab, eg, cheese cubes, cucumber, peppers, cherry tomatoes.

Bread based snacks (make sure fillings are sugar free):

Bread (ideally wheaten or wholegrain)

Plain crackers with a thin slice of cheese, tomato or low fat cheese spread.

Plain bread sticks or rice cakes with a dip such as salsa, natural yoghurt, natural fromage frais.

Drinks:

Water (use school water bottle)

Milk

## Did you know?

**Dried fruit has a high level of sugar in it. It counts towards “5 a day” but is not suitable as a break time snack.**

**Scones, bread muffins and pancakes contain some sugar and present a risk to teeth if taken frequently as a snack.**

**Children who need to follow a special therapeutic diet are exempt. This needs to be supported by a doctor’s letter.**

**Regularly drink fruit juices, squashes and fizzy drinks (even sugar-free ones) can damage teeth.**

**Most cereal bars contain a high level of sugar and should be avoided between meals.**

**Low Fat yoghurts often contain a high level of sugar and should be avoided between meals.**

## **No good for break time!**

The following list gives examples of items which are not permitted between meals at school. The child may be asked to keep them until lunchtime or they will be removed and returned at the end of the day.

This lets us give a **fair and consistent** message to all of the children.

Dried fruit

Any type of confectionery e.g. chocolate products, sweets and sugar free chewing gum

Cereal bars

Processed fruit bars

Crisps and crisp-like products e.g. tortilla chips, potato sticks, puffs, crackers, corn chips, prawn crackers, potato wafers

Japanese rice crackers

Pretzels

Bombay mix

Nuts

Cakes, e.g. slices of cake, individual cakes (sponge cakes, Swiss roll, fruit cakes, banana cake, apple cake, carrot cake, gateaux, sponge fingers, Madeira)

Buns, e.g. American (sweet) muffins, Chelsea buns

Pastries, e.g. Danish pastries, Eccles cakes, Greek pastries, Bakewell tarts, jam tarts, mince pies, custard tart)

Biscuits (all types) including digestive, rich tea, ginger nuts, flapjacks, shortbread, wafer.