



St. Eugene's Primary School Healthy Breaks Policy

At St Eugene's we are continuing to promote Healthy Eating.

Options for a healthy break are as follows:

- Fruit – one piece peeled and sliced or a portion of chopped fruit.
- Vegetables - one piece peeled and sliced or a portion of chopped veg.
- A plain biscuit, e.g. digestive, rich tea, ginger nut (no sugar topping, jam or chocolate)
- Cheese slice or bar.
- Crackers: plain or with butter/cheese spread.
- Plain pancake or with butter/cheese spread.
- Bread: plain or with butter/cheese spread.
- Milk, ordered through school.
- Water and dilute juice not carbonated.

Yogurts, jelly, and loose cereal are not listed as a healthy break due to the sugar content. ****items containing nuts must not be brought to school!***

Children may not bring sweets, crisps or chocolate items to school for break. Low fat crisps/corn snacks are permitted at lunch.

Mid-morning snack is a quick re-fuel with 15 minutes to consume. We ask that you are mindful about portion sizes when packing the mid-morning snack. Children should bring **one item** from the Healthy Breaks list.