



St Margaret College Kalkara Primary

Healthy Eating Policy

(November 2015)

This policy is an update of a previous one adhered to in the past and supersedes it. All stakeholders are expected to adhere to this new policy.

WHY?

- To encourage students to lead a healthy lifestyle
- To ensure that everyone understands what healthy eating is all about
- To raise awareness and develop a positive approach to fruit and vegetable intake
- To conform to H.E.L.P. document at all times

HOW?

- Encourage and sustain participation in weekly Fruit and Vegetable Scheme

- Advise eating Wholemeal (ideally) or Whitebread or Crackers and healthy fillings avoiding fat, salt or sugars
- Have fresh fruit as an alternative to **sweets which are not allowed in school**
- **No cakes or cup cakes are allowed for Birthdays at school.**
- Supply free white milk at school
- Encourage drinking plenty of natural water (no additives)
- **Fizzy drinks, iced teas and sugared drinks and fruit juices are not allowed**

Promote participation of parents in upkeep of HELP document when children are not at school to ensure that policy is fruitful.



Għeżież Ġenituri/Kuraturi,

Permezz tad-dokument H.E.L.P. – Healthy Eating Lifestyle Plan – hadna l-listi tal-ikel u tax-xorb li nistgħu ingibu l-iskola u lista ta' dak l-ikel u xorb li ma nistgħux ingibu magħna, biex ikunu ta' gwida għalina lkoll.

Ikel u xorb li nistgħu ngibu l-iskola

- ✓ Għażla ta' ħobż bħal bziezen, sandwiches, baguettes, ħobż tal-Malti, ftira, ciabatta, pittas (friski jew toasted) mimlijin b'ingredjenti sustanzjużi.
- ✓ Ħobż biż-żejt mimli tonn taż-żejt, tadam, basal u fażola.
- ✓ Pizza (l-aħjar magħmula bi tqiq ismar) imħawra b'ingrdjenti tajbin għas-saħħa.
- ✓ Ikel sħun bħal ross il-forn, għaġin jew lasagne tal-ħaxix.
- ✓ Ross kiesaħ. Couscous jew pasta salad.
- ✓ Torti u quiches mimlija b'affarijiet sustanzjużi.
- ✓ Patata, rikotta, ħaxix, sweet corn.
- ✓ Sopop magħmulin minn ħaxix frisk jew minn ħaxix friżat.
- ✓ Yogurts
- ✓ Dips bħal bigilla, ħummus kif ukoll galletti, crackers, rice cakes li kemm jista' jkun ikunu bi ftit xaħmijiet
- ✓ Xorb magħmul minn frott jew ħaxix frisk, jew minn ħalib jew yogurt inkluż smoothies

✓ Oat, soys u rice drinks kif ukoll xarbiet taċ-ċikkulata bi ftit xaħmijiet

Ikel u xorb li ma nistgħux ingibu l-iskola

- Ikel moqli jew chips
- Zalzett, hot dogs, burger, fish cakes/fingers, salami
- Mortadella luncheon meat, u ġobon proċessat.
- Pizzas li fuqhom ikollhom zalzett salami jew ġobon mimli xaħam
- Pastizzi, sausages rolls jew ikel b'għaġina mxaħma
- Doughnuts, jam cakes jew pasti
- Ċikkulata u ħelu
- Ġelati, breakfast cereals jew cereal bars
- Ilma tat-togħmiet
- Luminata
- Iced tea jew Energy drinks
- Fruit nectars jew Juice Drinks

