



# HEALTHY STUDENTS ARE MORE LIKELY TO DO WELL IN SCHOOL.

## Students require good nutrition to promote:

- Good health
- Growth
- Mental development
- Social skills

Childhood is the best time in life to acquire good eating habits.

The messages young people receive about nutrition should be clear, consistent, and constant. Getting children and adolescents to form healthy eating habits requires support from all of us – parents, schools, the community, media and Government.

The Department of Education has approved the Food and Nutrition Policy for government schools in support of keeping students healthy.



## The policy states:

'All foods consumed on the school premises will contribute to the health and well-being of students.'

## School Lunches Should Meet The Nutritional Standards As Defined Below:

Food should provide nutrients (protein, complex carbohydrates, calcium, iron, vitamin A, vitamin C, etc.) supplied from the five food groups.

School lunches should be consistent with the recommendations of the Bermuda's Daily Dietary Guidelines EatWell Plate.

## ENCOURAGE STUDENTS TO:

- Eat a variety of foods.
- Choose low-fat dairy products, low-fat milk; calcium-fortified milk alternatives or juices; leaner meats: chicken, turkey, tuna; and use lower-fat cooking methods, i.e., baking and grilling.
- Choose whole grains, fruits, and vegetables.
- Limit the use of foods high in salt and sugar.

## SCHOOLS

To encourage healthy eating in students:

- Teach students the importance of nutrition through the health education curriculum.
- Integrate the principles of nutrition in other subjects (i.e., counting fat grams in mathematics).
- Adopt and endorse the Nutrition Policy, including the Vending Machine and Cafeteria Policy.
- Enforce the use and standards of the Schools Food-service Providers Contract.
- Encourage the sale and consumption of nutritious foods from the five food groups (i.e., at bake sales, sports events, afterschool programmes, lunch time, and summer programmes).

## TEACHERS

To encourage healthy eating habits in students:

- Be a health role model and eat healthy lunches with students during lunch duty.
- Provide incentives for the students who bring nutritious lunches (e.g., healthy lunch box stickers.)
- Discourage the use of candy or other (non-nutritious) foods as a reward for good work.

## PARENTS

To encourage healthy eating in students:

- Encourage students to eat breakfast (e.g., cereal and low-fat milk, sandwiches, fruit yogurt or leftovers).
- Model healthy eating habits by providing healthy food choices and beverages for the whole family to enjoy.
- Select healthy foods for snacks during and after school (see list provided).
- Teach students how to make nutritious lunches.
- Provide students with a nutritious lunch that includes 4 to 5 foods from the five food groups.

## COMMUNITY AGENCIES AND BUSINESSES













To support young people in eating healthy and:

- Provide nutritiously balanced foods for sale to young people.
- Provide nutritious foods at social events.
- Provide a healthy environment (i.e., making healthy food choices available at the check-out stand).
- Make healthy foods affordable.

## THE FIVE FOOD GROUPS

- Meat Group: fish, chicken, egg or vegetarian alternatives such as peanut butter, beans, lentils, tofu and soy products.
- Milk Group: milk, cheese, low-fat pudding or yogurt.
- Bread and Cereal Group: bread (whole wheat, multigrain, rye, small bagels, etc.) variety breads (herbed, pocket, onion, or raisin), pasta, rice or unsweetened cereals.
- Vegetables: chopped, raw or cooked vegetables salads.
- Fruit: piece of fruit, fruit canned in juice or light syrup, dried fruit.

# HEALTHY FOODS ALTERNATIVES FOR LUNCH BOXES AND SNACKS

 INSTEAD OF	 TRY
chocolate, candy, fruit roll ups or snacks  	light puddings, yogurt, fresh fruit, or canned fruit in own juice, dried fruit  
sweet cakes, pies, pastries, doughnuts  	Angel food cake, vegetable or fruit breads, fruit muffins, bagels, Johnny bread, corn bread  
chocolate chip cookies, sweet cookies, cupcakes  	whole grain crackers, graham crackers, ginger snaps, vanilla wafers, fig bars, vegetable muffins  
chips, corn chips, french fries  	air popped popcorn, microwave light popcorn, pretzels, dry unsweetened cereal  
sweetened drink boxes, unsweetened carbonated drinks, sodas, iced teas, fruit punch  	unsweetened water, 100% juice, milk  

**The following professionals have endorsed this nutrition policy for schools:**

- Bermuda Cancer and Health
- Bermuda Dental Association
- Bermuda Diabetes Association,
- Bermuda Dietitian's Association
- Bermuda Heart Foundation
- Bermuda Medical Society
- Bermuda Nurses' Association
- Bermuda Union of Teachers
- Department of Paediatrics, KEMH
- P.A.L.S.

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