

## “Good heart, balanced mind, healthy body” UWCT Healthy Food Guidelines

**Guideline 1:** To achieve, support and maintain a healthy body while at school.

**Guideline 2:** To provide a healthy school menu with a wide variety of nutritious foods.

**Guideline 3:** To educate our school community on healthy eating habits and sustainable choices.

**Guideline 4:** We are committed to ensuring our food is prepared and stored safely.

### What does this mean for parents?

When you bring food into school - for birthdays, class parties, bake sales etc, please follow these guidelines:

- Healthy whole foods are best: fruits, vegetables, eggs, whole grains.
- If you are baking or buying baked goods, consider using natural sweeteners, such as honey or coconut sugar, rather than refined sugar. Please avoid artificial colours, flavourings and preservatives.
- Please avoid bringing in sweets, lollipops, drinks with artificial flavours, colour, sweeteners or preservatives (eg fizzy drinks, ‘juice’ drinks).

Thank you for helping to keep our UWCT community happy and healthy!