SKOLA-KNISJA

Archbishop Pietru Pace Street,
Victoria, Gozo

+356 21 55 65 06
+356 21 55 00 08

www.bcjs.edu.mt

FOOD AND NUTRITION GUIDELINES

It is crucial to provide young children with balanced and nutritious meals to support their growth, development, and overall well-being. These guidelines aim to offer you practical advice on creating healthy eating habits for your child while also pointing out things to be avoided at school.

Lunch and snack guidelines and ideas:

The follow is a list of foods that are encouraged at school:

- fresh fruits and vegetables,
- cheese,
- pasta, rice and couscous,
- bread, wraps and pitta bread (Wholemeal/brown where possible),
- dried fruits,
- beans, seeds and hard-boiled eggs,
- olives,
- dips, crackers and rice cakes (Hummus/bigilla etc),
- fruit and plain yoghurt.

The following is a list of foods that are to be avoided at school:

- Cakes,
- biscuits,
- sweet muffins,
- sponges,
- high sugar products and overly processed foods,
- chocolate or chocolate flavoured products (such as chocolate spread/ chocolate bars/yoghurt/croissant/cereals and so on),
- tinned sausages,
- chicken nuggets & chips.
- all types of nuts (due to allergies) and products that contain nuts
- honey (due to allergies)

SKOLA-KNISJA

Archbishop Pietru Pace Street,
Victoria, Gozo

+356 21 55 65 06
+356 21 55 00 08

www.bcjs.edu.mt

- shellfish (due to allergies)

Food Allergens

In order to ensure that all children are kept safe at school, as indicated in the list provided above, all types of NUTS and HONEY are to be avoided at school due to the fact that these pose risks on particular children.

Should you discover that your child is allergic to any type of food, it is essential that you communicate this information to us immediately.

Drinks

Water is all your child will require to drink whilst at school.

Involve your child

Encourage your child to be involved in making lunches promoting discussions of healthy eating and supporting them in making healthy choices. Preparing lunches in the evening and not in the morning before school would allow more time for such discussions to take place.

Don't forget to role model healthy eating as parents and as a family too!

Useful links to help with lunch preparation:

- https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/
- https://www.hellomagazine.com/cuisine/20210826120484/jamie-oliver-back-to-school-kids-lunch-ideas/
- https://deputyprimeminister.gov.mt/en/health-promotion/Documents/library/publications/Dietary%20guid%20eng%20rev.pdf

Lunchtime practices at school

Kinder children are encouraged to share, explore, prepare and taste different foods in our fully-equipped kitchen as part of our everyday practice.

SKOLA-KNISJA

Archbishop Pietru Pace Street,
Victoria, Gozo

+356 21 55 65 06
+356 21 55 00 08

www.bcjs.edu.mt

Whilst children are encouraged to eat most of their snacks and lunch, it is not enforced that they finish everything, and we discourage praising children if they do. Uneaten food will be returned home in the lunchbox.

During lunchtime,

- Educators sit and eat with the children and model good table manners.
- Children are encouraged to wait before starting their meal until everyone at the table is ready and we have said our prayers of thanks.
- Conversations are shared through mealtimes.
- Children are given time, and not rushed, to eat the meal provided.
- Children are encouraged to wait until all are finished before packing away their lunch/snack.
- Children are encouraged to help adults in preparing the class before and after lunch times for the rest of the day (wiping tables, sweeping, clearing food waste/rubbish).

Mealtimes are to be a happy, social occasion for educators and children alike.

Lunchboxes and bottles

In line with our sustainable environment ethos as a school, we discourage the use of single-use plastics and encourage reusable and recyclable bottles and lunchboxes. All belongings are to be clearly labelled.

Thank you for supporting the school in ensuring the health and well-being of the children and doing our bit in developing an awareness of making our world a better place.