

EDUEXCELLENCE

Nutrition Policy





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Nutrition Policy

At EduExcellence we aim to support our learners in all areas of their development. The school promotes a sugar-free environment, as well as a Low GI diet so that our learners' blood- sugar levels can remain stable which allows them to learn to the best of their ability.

Low-GI:

Low GI stands for Low Glycemic Index. Low GI foods take longer to break down in the body and they release energy more slowly into the bloodstream, helping to fill you up and stop you from feeling hungry soon after eating. Low GI foods are normally low in fat too and can help regulate weight. A Low GI eating plans focuses on a variety of foods with good nutrients.

Healthy lunchboxes:

Healthy lunch boxes help to maintain concentration and energy levels, which, in turn promote learning and favourable behaviour and energy levels during and after school hours. This will help your child to remain focused at school and at home whilst doing homework.

- You are your child's role model: model a healthy lifestyle and it will be easier for the rest of the family to follow.
- It takes planning - you need to plan ahead so that you buy the correct foods for making snacks and lunch boxes.
- Resist the "easy" option to buy cold drinks, crisps and chocolate bars - in the long run this is going to ruin your children's health.
- Resist your children's demands and manipulations for snacks, high in fats and oils, and fizzy cold drinks
- Remember that children are different from adults - they have a much smaller stomach capacity, so they need regular snacks and some children have a much higher energy requirement because they're more active than adults
- Lunchboxes may have to replace three to four meals a day - that breakfast that wasn't eaten, the mid-morning snack; they get lunch at school and the mid-afternoon snack - a whole menu in one box.



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Nutrition Policy continued...

- Packaging is important - buy a sturdy plastic container that's big enough to accommodate the food you want your child to take to school without it getting squashed.
- Eating a variety of foods gives children and adults the best chance of obtaining a balanced diet.
- Select foods from all the food groups every day.
- Fast food and takeaways do not provide sufficient nutrition for a learner throughout the day; please refrain from sending to school.

Note: All learners enrolling at EduExcellence agree to adhere to our Food Policy.

Reach out to your Campus for further guidelines and lunchbox ideas!

Tuckshop:

Each campus runs and manages their own Tuckshop within the philosophy and policies of EduExcellence.

Please check with your campus to determine:

- on which days the tuckshop is open
- items and pricing

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Low-GI Food Policy





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Low-GI Policy

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What is Low GI:

Low GI stands for Low Glycemic Index. Low GI foods take longer to break down in the body and they release energy more slowly into the blood stream, helping to fill you up and stop you feeling hungry soon after eating. Low GI foods are normally low in fat too and can help regulate weight. A Low GI eating plans focuses on a variety of foods with good nutrients.

What are the benefits of a healthy lunchbox?

Healthy lunch boxes help to maintain concentration and energy levels, which, in turn promote learning and favourable behaviour and energy levels during and after school hours. This will help your child to remain focused at school and at home whilst doing homework.

Tips for parents:

- You are your child's role model: model a healthy lifestyle and it will be easier for the rest of the family to follow.
- It takes planning - you need to plan ahead so that you buy the correct foods for making snacks and lunch boxes
- Resist the "easy" option to buy cold drinks, crisps and chocolate bars - in the long run this is going to ruin your
- children's health
- Resist your children's demands and manipulations for snacks, high in fats and oils, and fizzy cold drinks

Low-GI Policy continued...

- Remember that children are different from adults - they have a much smaller stomach capacity, so they need regular snacks and some children have a much higher energy requirement because they're more active than adults.
- Lunchboxes may have to replace three to four meals a day - that breakfast that wasn't eaten, the mid-morning snack; they get lunch at school and the mid-afternoon snack - a whole menu in one box!
- Packaging is important - buy a sturdy plastic container that's big enough to accommodate the food you want your child to take to school without it getting squashed.
- Eating a variety of foods gives children and adults the best chance of obtaining a balanced diet.
- Select foods from all the food groups every day.