

## **HeadStart Healthy Snacks Policy**

We believe that a healthy balanced diet is the foundation of a successful academic life. We therefore strive to serve natural, low-sugar-and-salt meals with the freshest possible local produce. Students are served milk in the morning break, lunch at midday followed by a healthy mid-afternoon snack.

### **Snacks**

HeadStart provides milk for all students during their morning break and a healthy snack during afternoon break. We would like to encourage parents to only send their children to school with healthy snack options. Snacks are quite often shared between friends and we don't want to have students eating snacks at school that they aren't allowed to eat from their own parents. Therefore, if a student brings unhealthy snacks, for example, candy, cartons of juice and chips/crisps to school the teacher will confiscate this.