



## Healthy Eating at The International School of the Turks and Caicos Islands

What your child eats really does affect how he / she performs.

The staff of The International School of the Turks and Caicos Islands require that all families assist us in promoting healthy eating. Focusing as a team on the healthy body at home and at school, we will see an improvement in our children's healthy minds. Healthy choices in snack boxes are strongly requested for all children. Foods that contain large amounts of sugar and additives are very strongly discouraged as they are not conducive to a healthy learning environment. Highly sugared snacks such as Fruit Loops, Skittles etc are simply not acceptable in school. Any such items will be taken from your child and returned to them at the end of the school day. Please take note of our Healthy Eating Policy below.

### **The International School of the Turks and Caicos Islands Healthy Eating Policy**

Healthy bodies, healthy minds

### **The International School of the Turks and Caicos Islands is a Nut Free School.**

(Incl. traces / extracts of nuts)

#### **Sweets/ Candies are NOT allowed.**

(Party bags distributed can be taken home at the end of the school day or preferably not distributed at school; birthday cakes can be brought in, during the last session, as long as the teacher has been communicated with)

#### **Popular and suggested snacks include:**

- Fresh or dried fruit
- Cheese and crackers
- A sandwich with cold meats, tuna, cheese, etc
- Fresh vegetables, baby carrots with dips
- Pasta or rice
- Yogurts
- Salads
- Wraps / bagels
- Fruit juices (preferably watered down using ice)
- Cold milk
- Cereal / cereal bars (no nuts)
- Cookies/ cakes that contain little sugar (a snack for after the real healthy stuff!!)

#### **Unhealthy snacks that should be avoided:**

- Sugar coated cakes & Honey Buns
- Cookies loaded with extras
- Fizzy drinks
- Sweets including fruit roll ups and fruit snacks
- Fruit loops or any other highly sugared cereals

Your teachers thank you all for your continued support in promoting a healthy learning environment at The International School of the Turks and Caicos Islands.