

SPARK Schools Healthy Lunch & Snack 2020

“Why is it important for scholars to eat healthily?”, you might ask.

Research has shown that children are able to learn better when they're well-nourished, and **eating healthy meals has been linked to higher marks, improved memory and alertness, and faster information processing.** Therefore we encourage our parents to partner with us to provide our scholars with healthy food to fuel their learning.

Please see below a suggested list of healthy lunches and snacks. The list is not exhaustive, so please check with your scholar's school if you are unsure of what to pack for daily snack and lunch.

Lunch Suggestions

Sandwiches, preferably on brown or whole-grain bread	Fish fingers	Noodles	Pasta dishes	Rice	Salads	Tuna
Vegetables (grilled or roasted),	Eggs (boiled)	Hot dogs	Chicken, Lean Beef or mince dishes	Falafel balls	Wraps	Soup

Snack Suggestions

Fresh or dried fruit , (examples: apples, bananas, mandarin, oranges, watermelon, pineapple, grapes, nectarines/peaches/apricots, strawberries, berries, pears, etc)	Vegetables , (examples: corn cobs, carrot sticks, capsicum sticks, green beans, cucumber sticks, snow peas, tomatoes, etc)	Cheese , (examples: cheese cubes/sticks or slices, cottage or ricotta cheese and cream cheese)	Crackers or crispbreads
Muffins , (examples: bran/savoury)	Yoghurt	Mini cheddars	Rice cakes
Popcorn	Biltong	Nuts	

*Biscuits, sweets (including chocolate spreads or muffins), and chips are **NOT** permitted.

Drinks

- Non-Flavoured Milk or Water

*Juice, soda, flavoured water, milkshakes, and drinking yoghurt are **NOT** permitted at school.