

## Brain food

Why? Helps you to work better

How? Eat and work at the same time

Fresh is best

Brainfood is a program that allows students to enjoy a nutritious snack with minimal disturbance to their school work. Students are expected to eat and work at the same time. The only acceptable food at this time will be fresh fruit, vegetables, cheese, nuts\*, plain milk or yoghurt, 100% fruit juice and water. Peanut butter\* is acceptable with vegetables. Bananas may be peeled at school. Apples need to be eaten as they come unless parents have cut them at home.

Fruits such as watermelon, mangoes and oranges should be cut up at home to ensure time is not spent peeling and cutting at school. Cut fruit also makes it easier to eat.

\*If a student has an allergy to food or other, it is up to parents to inform the school, and the school will endeavour to meet the students allergy needs where possible.

- ✓ Fruit (fruit salad)
- ✓ Mangoes, melons, oranges, etc - cut it up at home.
- ✓ Vegetables
- ✓ Nuts\*
- ✓ Tuna
- ✓ Yoghurt (plain or Fruit)
- ✓ Cheese
- ✓ Plain milk
- ✓ 100% fruit juice
- ✓ Water
- ✓ Celery/Vegetable sticks and peanut butter\*
- ✓ Celery/Vegetable sticks and cream cheese

X Passionfruit

X Prima/ Poppa/ pop tops/ flavoured milk

X Peeling and cutting

X Added colours, flavours, preservatives, sugars