

## REUSING AND REDUCING WASTE



As part of Stalham Academy's efforts to educate our children about **reusing and recycling**, please:

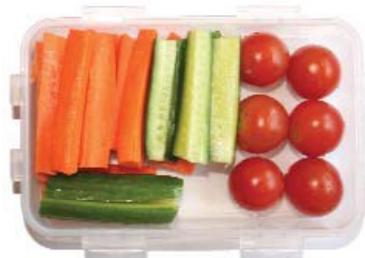
- Encourage your children to reuse the same plastic bottle for their drinks/ water—if every child in the school reused their water bottle instead of buying a new one, we would save 234 bottles of waste a day!!
- Buy in bulk (e.g. loaf of bread) and use Tupper-Ware in their lunchboxes, rather than aluminium foil or buying food individually packed (e.g. ready-packed sandwiches). It's cheaper and you can be sure about what's in it!
- If you prefer to use aluminium foil or sandwich bags, encourage your children to fold them carefully and put them back into their lunch boxes to use the next day.

RECYCLING IS GOOD,



For more information, go to:

- [www.bbc.co.uk/food/recipes/mostof\\_childrenlunch\\_box.shtml](http://www.bbc.co.uk/food/recipes/mostof_childrenlunch_box.shtml)
- [www.foodforthebrain.org](http://www.foodforthebrain.org)
- [www.healthiergeneration.org/parents.aspx?id=1634](http://www.healthiergeneration.org/parents.aspx?id=1634)
- [www.recyclenow.com/](http://www.recyclenow.com/)
- [www.reducereuserecycle.co.uk](http://www.reducereuserecycle.co.uk)



Stalham Academy.....

because we care

Ideas about healthy  
packed lunches,  
reasons for drinking  
water and how to  
reduce waste.



**EVERYONE PLAYING THEIR  
PART TO ACHIEVE  
EXCELLENCE**

# INFORMATION AND IDEAS REGARDING HEALTHY EATING AT STALHAM ACADEMY

## Healthy Sandwich Fillings:

- Tuna (with lemon and olive oil) and sweetcorn
- Cottage cheese and diced peppers
- Houmous and pesto
- Cheddar cheese and cucumber
- Unprocessed ham and coleslaw
- Unprocessed sliced chicken and salad
- Avocado and salad
- Mackerel and cucumber
- Sardine and cress
- Cold meat and salad
- Egg and tomato or cress

The above sandwiches are great on wholemeal, seeded, rye, pitta, rolls, baps and chapattis. If the children are used to white bread, you can introduce 'Best of both' or make sandwiches using a slice on white and wholemeal. bread together.

## Drinks for the lunchbox:

- WATER—lots of it!
- 100% fruit juice diluted with water (more thirst quenching and better for teeth )
- Fruit smoothie/ milkshake: fruit (fresh,frozen or tinned) blended with either 100% juice or natural yoghurt or skimmed milk.



## Other snack ideas:

- Dip (such as houmous) with dippers (strips of toast or pitta, vegetable sticks eg. carrot, cucumber, peppers, mange-tout)
- Popcorn (unsalted and unsweetened) - easy to make in the microwave
- Fresh fruit such as banana, apple, pear, satsuma, grapes
- Fruit pots of sliced/chopped fresh fruit e.g. melon, berries,
  - Seeds mixed with dried fruits
- Tinned fruit (in juice) e.g. peaches, pears, pineapple
- Dried fruit (without added fat, sugar or salt) e.g. apricots, sultanas, raisins, dates
- Plain yoghurt sprinkled with oats or fresh/ stewed fruit
  - Stewed fruit—easily stewed in microwave
- Vegetable soup / baked beans (in thermos) and brown toast
  - Boiled eggs

## The facts about not drinking enough water:

Dehydration (not having enough water in the body) occurs when there is a 1% or more reduction in body weight resulting from fluid loss. In a child weighing 30kg, this equates to a fluid loss of only 300ml which is just over half a pint. Dehydration can occur rapidly after exercise or more slowly due to inadequate intake over a longer period of time.

**Symptoms can include:** Tiredness, headaches, poor concentration, fatigue, lethargy, irritability, dark and concentrated urine, light-headedness, clumsiness, thirst, dry mouth, bad breath, dry eyes.

Most children show no obvious signs of dehydration, although teachers would recognize some of these symptoms—lethargy, irritability and lack of concentration in afternoon classes. We know that these signs may be due, in part at least, to the effects of dehydration.

**THEREFORE IT IS IMPORTANT THAT EVERY CHILD BRINGS A BOTTLE OF WATER INTO SCHOOL EVERY**

## Kind reminders:

No fizzy drinks please (even if they have no sugar in them—that just means they have chemicals to make them taste sweet instead)

No chocolate (including chocolate spread, chocolate bars etc.), sweets or crisps please.

FYI: Fruit bars and muesli bars contain a lot of sugar so they should be used instead of e.g chocolate or sweets, but should not take the place of healthy sandwich fillings, other non-sugary healthy snacks. One fruit bar OR muesli bar per day is enough.