



# **Bryandale**

## *Primary School*

The food sold in school tuck shops is, generally, not ideal for children. Poor nutrition results in diet-related health difficulties, impaired concentration and behaviour problems, all of which we encounter on a daily basis.

Previous attempts to introduce healthier food options failed if the unhealthy options were left on the menu.

Bryandale Primary School decided make a stand and received the support of the staff and the majority of parents.

We now concentrate on providing only items that have been approved by our dietician. We continue to improve and update our menu within the guidelines set. We monitor the Glycemic index, nutritional value, fat content and sugar content.

We encourage children to be aware of the food choices that they make, and how these choices impact their daily lives.

Please support us in assisting your child to achieve his or her own personal best.

***FOOD FOR THOUGHT!!***  
*(Beware, this is NOT a tuck-shop!)*

### **VISION**

To impact the lives of our children by providing healthy eating for sustained energy.

### **MISSION**

We aim to provide our customers with a lunch or a snack that gives them maximum nutritional benefit, with moderate sugar and fat content, and a low glycemic index. The Glycemic load is also considered.

### **OBJECTIVES**

A few, well selected items  
Excellent quality  
Good value for money  
Winter and summer menus  
A clean, well maintained environment  
Efficient, friendly service

**For further information visit**

**<http://www.wellmann.co.za/>**

**<http://www.gifoundation.co.za/>**