



HEALTHY EATING POLICY

Our Healthy Eating Programme came into operation in January 2007.

Only the following food and drinks may be included in children's lunchboxes:

FOOD

- Sandwiches including wraps/pittas etc.
- Crackers/Rice cakes
- Fruit/Vegetables
- Cheese
- Yoghurt

DRINKS

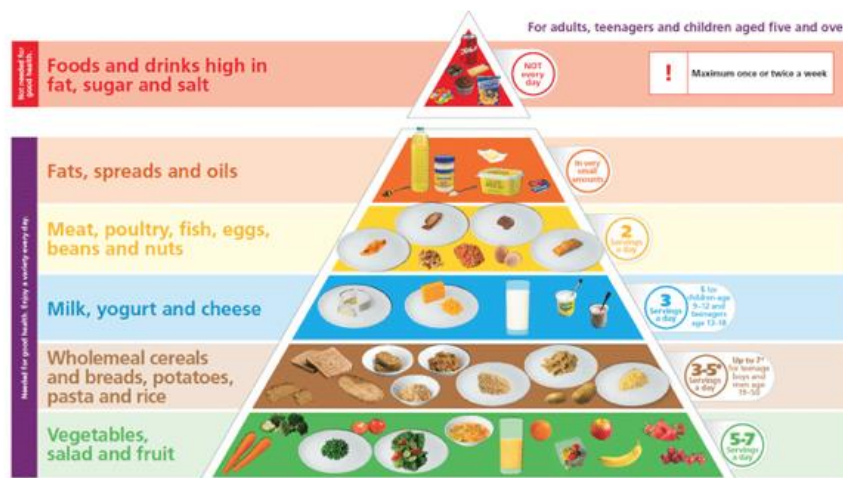
- Milk
- Water
- Juice
- Soup

The class teacher will tell the children when they will be allowed to have treats in their lunchbox e.g. for a school tour.

Due to the number of children with allergies throughout the school, we cannot allow any nut or products containing nuts (e.g. Nutella, peanut butter) in the children's lunches or on Cake Sale day. If your child is coeliac, please inform the school and your child will be supported as needed by the class teacher.

Interest in food and health has increased dramatically over the last decade. Today people want to feel well and enjoy life. By promoting healthy eating in school, we will be helping children to develop good eating habits that will hopefully last the rest of their lives.

We thank parents for their support in this regard.



Healthy Eating Policy reviewed and approved by the Board of Management at its meeting on 20/09/2022:

Signed:

Norma Linehan - Principal

Declan Flynn - Chairperson BOM