



SCOIL BHRÍDE BUACHAILLÍ
HEALTHY EATING POLICY STATEMENT

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- ✓ Children need a healthy lunch, which may include one small treat on Fridays only, e.g. two biscuits, a fun-size bar;
- ✓ Foods should be brought to school in a re-usable lunch box;
- ✓ Drinks should be brought to school in a re-usable plastic bottle or other similar container;
- ✓ Children are expected to bring any uneaten lunch home (including food waste and wrappers), which should help parents/guardians monitor their eating habits;
- ✓ Water only may be taken during the school day (*outside of lunchtimes*) for the purpose of hydration.

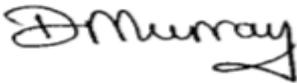
Suggestions for a Healthy Lunch

- Sandwiches/wraps/crackers/breads with a healthy filling e.g. *salad, meat, cheese, vegetables, spreads*;
- Fruits and vegetables e.g. *apples, bananas, pears, blueberries, mandarin oranges, cherry tomatoes, carrot sticks, cucumber, raisins* etc.;
- Yoghurts, e.g. *natural yoghurt, fruit yoghurts, plain yoghurts etc.* (*if your child can store, open and eat yoghurts carefully and properly*);
- Other healthy options e.g. *meat balls, cheese, pasta etc.*;
- Drinks to be taken with food – *water, juices and milk*. Water is the best choice as it hydrates and does not cause any tooth decay.

Foods/Drinks not permitted in school

- ❖ Sports drinks and fizzy drinks due to their high sugar content;
- ❖ Crisps, lollipops, sweets, chewing gum and large bars*;
- ❖ Cereal bars of any description due to their high sugar content. However, cereal bars may be eaten as a treat on Fridays;
- ❖ ‘Frubes’ and ‘Yops’ (or other yoghurts in plastic tubes) *only if your son is not able to manage the opening and careful eating of such products*;
- ❖ Yoghurts which have ‘corners’ containing treats such as chocolate, etc.

***Small** treats will be permitted on Fridays. Furthermore, members of staff, student teachers, etc. may on special occasions, with the permission of the Principal/BOM, provide or permit children to bring in such treats by way of celebration and/or reward. Children must not bring these items to school themselves unless given permission to do so. **Any and all such items must not contain nuts.**

Signed: 

Declan Murray (Chairperson, Board of Management)

Date: 20th December 2021