

We have successfully introduced a Healthy Eating Policy in the school and we have found that healthier eating habits help improve the children's attention in class and attendance has also improved.

Children must bring their lunches in a lunch box / container and bring home wrappers, bottles. Popcorn is permitted only in containers (no wrappers / bags).

The girls are allowed to bring a small treat on **Fridays only**.

We encourage -

- Fresh fruit and vegetables for small break:
 - *apples, oranges, nectarines, mandarins, bananas, peaches, pears, plums, carrot sticks, cucumber, peppers and salad.*
- Dried fruit:
 - *Raisins, sultanas and seeds (e.g. pumpkin & sesame)*
- Brown bread, baps, wraps, rolls, crackers, scones, pitta bread, bread sticks, sandwiches (with *fresh meat such as ham, chicken, salmon, sardines, tuna, sweetcorn, salad, egg, cheese*).
- Cheese, pasta, hummus & hard boiled eggs.
- Yoghurts (for junior / senior infants no "Frubes"), little yoghurt drinks with friendly bacteria (preferably on the non-chocolate variety)
- Drink, water, soups & juices, smoothies

We also encourage the children to drink water throughout the day.

We discourage / ask children not to bring -

- Chocolate, chocolate spread, biscuits, cakes, buns, bars & cereal bars (as they have a high sugar content), lollipops, fruit winders, sweets & chewing gum.
- Processed meat, "Dairy Lea Lunchables", etc. as these are lower in iron and have a greater salt content.