

# Healthy Eating

Dear Parents/ Guardians,

I write to you regarding our healthy eating policy. Over the last numbers of months the Board of Management, in consultation with the Parents Association, have reviewed our policy regarding what children should eat for their lunches during their time here with us in school. The following is a brief synopsis of what has become school policy since the last meeting of School Board:

- A healthy lunchbox includes a piece of food from each of the first four shelves of the food pyramid. A third of the day's energy needs should be provided at lunch: calories, vitamins and minerals.
- Healthy choices of drink include water, milk and fruit juices, **but fizzy drinks and sports drinks are not allowed.**
- Healthy snacks for small break include fruit, chopped vegetables, salad, yoghurts, cheese, scones, rice cakes, crackers, small packets of raisins/dried fruit, popcorn etc.
- Friday may be considered a treat day i.e. one piece of food from the top shelf of the food pyramid. Healthy treats are encouraged e.g. cereal bar, flapjack, muffin, rice crispie bun, slice of cake, fruit brack.
- The following foods are not allowed: **potato crisps, chewing gum, chocolate and lollipops.** Food containing nuts, though healthy, are not encouraged in school especially in classes where there are children who are allergic to nuts.

I trust that, as always, you will support this policy. We will also be holding a healthy eating week starting on the 20<sup>th</sup> of February. Part of this week will involve food tasting sessions and S.P.H.E. lessons based on nutrition and good health. Please feel free to contact me if you may have any concerns regarding this policy.

Yours Sincerely,

Brian Cuthbert