



# Lismullen National School

Garlow Cross, Navan, Co. Meath.

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Principal: Jerry O'Donoghue



## HEALTHY EATING POLICY

We maintain a Healthy Eating Policy in the school to promote healthy eating practices for our children.

### **Food Allowed**

Healthy sandwich, fruit, vegetables, soup, salad, pasta, rice cakes, crackers. Homemade cooking e.g. scones.

Yoghurt/yoghurt drinks (not in junior infants)

### **Drink Allowed**

Milk, water, fruit juice, smoothies

### **Food & Drink Not Allowed**

All cereal bars, crisps, chocolate spread e.g. nutella, biscuits, bars of chocolate, sweets, jellies, popcorn. Fizzy drinks and 'energy' drinks

### **Friday Treat**

On Fridays only, children will be allowed to bring in **one small** sweet treat e.g. fun size bar, small bag of jellies/sweets, biscuits. (No crisps). This treat is also allowed on the last day of each term.

### **Rewards**

Teachers sometimes give sweets/treats as a reward for a child/class.

The teaching staff will be monitoring the above to ensure the policy is followed by all children. Unsuitable food will be sent home in child's lunch box.

The habits formed in childhood last a lifetime - so please help us in encouraging your child to develop a healthy lifestyle.

Created 2010

Reviewed 2012

Reviewed 2013