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Uimhir Rolla 19784S

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HEALTHY LUNCH POLICY

The aim of a Healthy Lunch Policy is to help our children to develop good eating habits that will contribute to their general health now and in the future.
It is an impractical task to list all the foods that are acceptable and to judge each one healthy or not. It is somewhat easier to list those foods that are *not* acceptable.

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All drinks are acceptable for our child's lunch **except** the following:
Fizzy drinks (water is allowed).

All foods are acceptable for our child's lunch **except** the following:
Chewing gum
Sweets etc.
Chocolate and candy bars etc.
Crisps or anything in a bag (plain popcorn is allowed)
Biscuits (a plain biscuit is allowed)

As long as there are pupils in the building with a severe nut allergy we ask you to refrain from allowing your child to bring nuts or nut-based products to school (this is the situation at the moment).

Thank you for your cooperation.

This policy was ratified by the Board of Management in February 2006