



BUNSCOIL CHLOCHAR DHÚN CHÉIRÍ
Carysfort National School

An Charraig Dhubh, Co. Átha Cliath
Tel: 2885803

HEALTHY EATING POLICY

Our Healthy Eating Programme came into operation in January 2007.

Only the following food and drinks may be included in children's lunchboxes:

FOOD

Sandwiches including wraps/pittas etc.
Crackers/Rice cakes
Fruit/Vegetables
Cheese
Yoghurt

DRINKS

Milk
Water
Juice
Soup

The class teacher will tell the children when they will be allowed to have treats in their lunchbox e.g. for a school tour.

Due to the number of children with allergies throughout the school, we cannot allow any nut or products containing nuts (e.g. Nutella, peanut butter) in the children's lunches or on Cake Sale day.

Interest in food and health has increased dramatically over the last decade. Today people want to feel well and enjoy life. By promoting healthy eating in school, we will be helping children to develop good eating habits that will hopefully last the rest of their lives.

We thank parents for their support in this regard.

