



HEALTHY EATING POLICY

It is widely recognised that healthy eating plays an important role in a child's ability to reach their full potential by helping them in their focus and application. Inattention and disruptive behaviour can often be traced to the additives in the food that children eat. St. Vincent de Paul Girls' School is concerned with the overall development of the child and will always work to promote healthy eating habits as part of the child's growth and development while in the school. Therefore, the Board of Management, the parents and the teachers would like to endorse the values of healthy eating and promote those values in our school throughout the year.

Food allowed in your child's lunchbox:

- Healthy snack e.g. sandwich, roll, wrap, cheese, pasta etc.
- Fruit/vegetable
- Nutritional bar

Drinks allowed:

- Milk
- Water
- Juice
- Soup
- Tea
- Yoghurt drink

Not permitted in your child's lunchbox (for health reasons)

- Crisps
- Sweets
- Chocolates
- Fizzy drinks

At the discretion of the teacher, a treat may be allowed on a special day.

Due to the possibility of allergic reactions our school is a NUT-FREE ZONE