

# Threen N.S. Healthy Eating Policy

The Board of Management of Threen N.S. has sanctioned a Healthy Eating Policy. Under the Policy, the following items are **not** allowed to be brought to school.

**Sweets / Bars / Cereal Bars**  
**Biscuits/ Cookies/ Buns/ Cake**  
**Chocolate / Chocolate Snacks/ Nutella Spread**  
**Crisps**  
**Minerals**  
**Nuts**

## Lunch Suggestions:

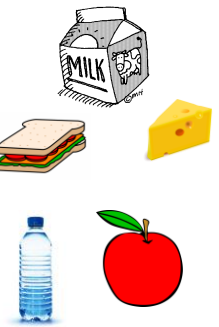
1. **Sandwich/ Roll/ Pasta/Crackers/ Plain Rice Cakes**

2. **Piece of Fruit /Yogurt**

(Peeled or sliced fruit gives your child more independence)

3. **Water / Milk**

4. **Soup in Flask**



- ✓ In order to reduce litter in our school environment we encourage children to use a lunchbox. Also, a drink bottle which can be used daily is recommended – we appreciate your support in this.
- ✓ Due to a nut allergy in the school, *peanuts and whole nuts are not allowed.*
- ✓ In exceptional circumstances (e.g. School Parties) treats will be allowed.
- ✓ This policy is in operation *Monday to Friday.*
- ✓ In the event of the rule broken the offending items of food maybe confiscated. However, no child will be allowed to go hungry.

**Ratified by the Board of Management:**

**Signed: *Valerie Callaghan***

***Chairperson, Board of Management.***