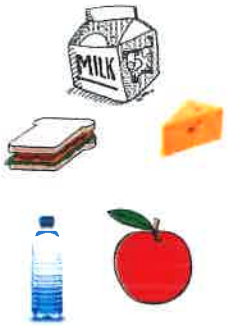
18-10-2018

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: Maureen Flynn **Date:** 18.10.2018

Chairperson, Board of Management.