



Healthy Eating Policy

Scoil Chormaic CNS operates a healthy eating policy.

Scoil Chormaic is a nut-free school. Nuts are strictly forbidden to ensure the health and safety of pupils and adults who have allergies.

Example of Healthy Foods allowed:

Water

Milk

Juice (unsweetened)

Sandwich/bread rolls/pitta bread/crackers

pasta

Fruit

Vegetables (carrots sticks/ sweet pepper)

Vegetables e.g. raw carrots/cucumber

Cheese

Foods not allowed:

Cereal/breakfast bars

Fizzy drinks

sweets/chocolate

crisps/

popcorn

chewing gum

cakes/sweet pastries

chocolate spread

jam

nuts/peanuts

Yogurt /yogurt drinks etc.

In order that you know what your child has eaten, each child brings home any food leftovers and wrappers in their lunch box.

Pupils bringing in unhealthy food items not allowed will not be allowed to eat them in school.

Choose a lunch box and beaker/bottle that can be **easily opened**. Please label both. For safety reasons glass bottles are not allowed.

Thank you for your co-operation with our Healthy Eating Policy