

## **Healthy Eating Policy**

Children are encouraged to bring a healthy lunch to school every day. The following items are not permitted in school: fizzy drinks, sweets, chocolate, crisps, popcorn and fruit winders – such items will be confiscated.

A healthy school lunch may include sandwich, crackers, yoghurt, fruit, plain biscuit, cheese, fruit juice etc.

For further advice on healthy eating please see the Safe Food website at [www.safefood.eu](http://www.safefood.eu)