

**Healthy Eating for the new school year.**

Dear Parents,

As you are aware, we have a healthy lunch policy in operation in St Lorcan’s. To ensure the implementation of this policy, we need teachers, parents and pupils on the same wavelength.

**Friday** is treat day. On Friday, children may bring in **ONE** item, which you regard as a treat such as a treat size chocolate bar.

**Please note that Nuts and Nut Products are banned including nutella and peanut butter.**

Please ensure that your child has a drink. (No fizzy drinks please!) It is no harm to examine the ingredients of drinks when you are buying them. In relation to their drink, we recommend that your child has a re-usable drinks container rather than bringing in a carton or container which has to be disposed of each day. Please be aware that quite a lot of lunch items available are “dressed-up” as healthy, nutritious foods but which in reality are laced with sugar and other additives. We appeal to your common sense in this regard.

Once again, thank you for your co-operation in ensuring that our healthy lunch policy has been successful to date and we are sure that we can rely on you to continue the good work.

Claire Joyce

Acting Principal.

**Healthy Eating Options:**

Fruit such as apples, bananas, oranges, plums, grapes, peaches, strawberries, cherry tomatoes etc…

Raw vegetables such as carrots sticks, pepper sticks.

Yogurts

Rice cakes, pasta, brown bread, cheese.

Please check www.safefood.eu and the link to healthy lunchboxes for more great tips.

**The following are not allowed:**

All fizzy drinks.

Nuts or nut products including nutella or peanut butter.

Chocolate, chocolate yoghurts, chocolate biscuits.

Crisps.

Sweets and Winders.

Cereal bars.

Chewing gum.