

## Annacurra N.S.

### Healthy Eating Policy

Dear Parents/Guardians,

Annacurra N.S. wishes to promote healthy school lunches as one area of an overall healthy lifestyle which in turn:

- a) Will help concentration and learning
- b) Will improve overall health and wellbeing
- c) Will reduce tooth decay
- d) Will help foster good eating habits from a young age.

Lunches should be high in fibre and low in fat, sugar and salt.

Suggestions: Fruit, washed raw vegetable pieces, wholemeal pitta breads/wraps/sandwiches with healthy fillings, unsalted plain or wholewheat crackers with fruit or cheese, plain rice cakes.

Recommended drinks

Water, milk.

#### **Foods not Recommended**

Frubes (yoghurt in tubes). These can be very messy for children in junior classes.

**Dairylea Lunchables, Dunkers or similar pre-packed lunches.**

Popcorn

Cereal Bars (some contain up to 33.5g of sugar)

#### **Foods not allowed**

Nuts (May cause choking or allergies)

Fizzy/Sugary Drinks    Coke    Capri-sun

Crisps

**Chewing gum**

Bars of Chocolate, Sweets

The School advocates the use of bottles/ beakers to comply with our Green School Policy rather than the use of cartons. We encourage children to take home wrappers and cartons to help reduce waste charges.