

Scoil Bhríde Healthy Eating (Lunch) Policy

Each child should be provided with a healthy lunch. This may include cheese, a sandwich, fruit, vegetables or yoghurt. (please be aware of the dangers of yoghurt not stored in chilled containers).

Pupils may have water to drink during the day. Other juices or milk may be consumed at break times only with food in line with best practice. The following are not allowed:

- crisps
- fizzy drinks
- chewing gum
- bars
- “breakfast bars”
- biscuits
- lollipops
- chocolate and other “junk” foods.

Pupils are expected to bring their uneaten lunch home to alert parents to their eating habits. Inappropriate foods will be taken from pupils and returned at the end of the day. Chewing gum is expressly forbidden on school property and on school activities. Nuts are not allowed in some classes due to anaphylaxis.

A "LunchBoxZone" is to be encouraged whereby pupils bring in food in a reusable lunchbox and bring leftovers and packaging home. Yoghurts may be eaten but please ensure that the child is able to store, open and consume yoghurt carefully and properly.

Please see below for more information.

[Guide to the food pyramid](#)

Click here for [Fruit n Veg Ideas](#) for Lunches with thanks to Ms Shanaghy and FOOD DUDES.

Safe Food - <http://www.safefood.eu/Home.aspx>.

Stop Food Waste - <http://www.stopfoodwaste.ie>