

St. Brendan's National School

Healthy Eating Policy

1. St Brendan's National School through the following guidelines aims to involve our school community, children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.
2. A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid.
3. First break is our healthy food break – the ideal time for fruit, vegetable, yogurt or cheese.
4. We welcome a small treat after lunch which **must** be eaten last
5. Healthy drinks for lunch include milk, water and juice. We strongly discourage fizzy drinks.
6. All classes will receive a lesson on healthy eating each year.
7. Parents are given direction and advice on healthy eating at the induction of Junior Infants.