

Healthy Eating Policy

Scoil Carmel aims at the promotion of healthy eating in our school.

Aim of our healthy eating policy is to encourage children to bring lunches which are:-

- Low in fat
- High in fibre
- Low in sugar
- Low in salt

Morning break. This is a very short break. We encourage children to bring a small snack for this break.

- A piece of fruit (apple, banana, pear)
- Yogurt
- Cracker

Lunch Break. We suggest the following for healthier lunches

- Milk, cheese, yogurt
- Fresh fruit
- Wholegrain bread
- Low fat butter or spread

Treats We ask you to support our healthy eating policy by confining the treats to one day per week. (Possibly Friday) We ask you to avoid unhealthy foods. eg. crisps.

Drinks We recommend water, fruit juice, milk. We advise against fizzy drinks.

We would greatly appreciate your co-operation in implementing this policy.

In line with our Green School policy we ask to remember to equip your child with a beaker & lunchbox