

## Healthy Food Policy

We have a healthy food policy in St. Patrick's. **Children are not allowed to bring fizzy drinks, crisps, sweets or chocolate to school.** Instead we would ask you to make healthy food choices.

Please give your child only small amounts of food which he/she can easily manage. Recommended snacks might include a sandwich, bread roll, crackers, a plain biscuit, scone or bun. A piece of fruit (pre-peeled or prepared if necessary) is also a good choice. Children should have a small bottle of water or juice available to them every day (plastic & recyclable). On Fridays, pupils may bring **one** treat as part of their snack e.g. a bar. Forks, knives, cocktail sticks or any other sharp implements should not be included in a child's lunchbox.