

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.

From January 2020, all classrooms in the school are NUT FREE. Please ensure that your child's lunch is free from nuts and products containing nuts e.g. nuts, cereal bars, nut butter.

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.