

Healthy Eating Policy St. Joseph's N.S.

Surveys have shown that children's lunches are often very unhealthy and not adequate nutritionally because they tend to be low in fibre and high in sugar. Our school operates a **healthy lunch policy**. Please do not give your child sweets, chocolate, fizzy drinks or crisps for lunch. Lunch should provide one third of your child's food requirements for the day. The most effective way to plan a healthy lunch is to include one food from each of the food groups - one piece of fruit, fruit juice/water, two slices of bread and meat / poultry /cheese. No glass bottles please. **Chewing gum is not allowed in the school.** Children are not allowed leave school during lunch time unless their parents/guardians have filled in the consent form and are accompanied by the parent or guardian during lunch time.