



***Believe, Trust and Be Ready***

*“That they may have life, and to the full” John 10:10*

St. Vincent de Paul Catholic Primary School: September 2019

## Healthy Eating Policy

As a school we aim to work in partnership with parents in endeavouring to cultivate healthy eating habits for all our children. We will work with all partner agencies to adopt a sensible approach to all matters relating to healthy eating. We would be very grateful to have your support in following the standards we have adopted.

<b>Morning Play snack</b>	Fresh Fruit or Vegetables may be brought from home or healthy snacks may be purchased from the kitchen.		
	<b>Permitted</b>	<b>Restricted Foods</b> (permitted on Fridays only)	<b>Not permitted</b>
<b>Packed Lunches</b>	Sandwiches Fruit and Vegetables Yoghurts and yogurt drinks Healthy ‘treats’ – like fruit bars, dried fruit etc. Water, Fresh fruit juice, fresh milk, smoothies Cheese Cakes Biscuits Cereal bars	Jam sandwiches Crisps Milk shakes Chocolate spread	Nuts Sesame Houmous Peanut Butter Hot Soup Sweets Canned pop like Pepsi etc. Previously hot cooked rice. Previously hot cooked meats such as chicken or burgers, as these will not be safe to eat unless kept refrigerated