



St. Oliver's N.S Healthy Eating

In line with our Healthy Eating Policy which is available to view in the office; the following items are **excluded** from the school at all times:

Crisps

Fizzy Drinks

Chocolate Biscuits

Chewing Gum

Nuts (due to allergies)

Sweets

Fast Foods: Hot Dogs, Burgers, Pizza Slices etc.

Chocolate Bars

Buns

Cereal Bars high in sugar/chocolate/marshmallows etc.

A healthy lunchbox should include a piece of food from the first four shelves of the Food Pyramid.

Shelf 1: Bread, Cereal and Potato Group

Shelf 2: Fruit and Vegetables Group

Shelf 3: Meat, fish and Poultry

Shelf 4: Dairy Products

Thanking you all in advance for your co-operation

Catherine Tiernan-Bell

Principal