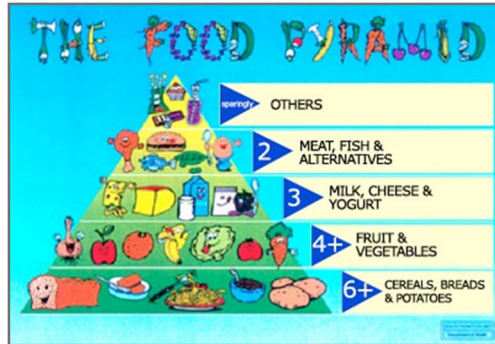


## Promotion of Healthy Eating in Athy Model School

### Aims

- To heighten awareness of the importance of a balanced diet
- To encourage wise choices about food and nutrition
- To help improve concentration, learning and energy levels.
- To heighten awareness of litter problems caused by food packaging.



### Examples of healthy foods:

- Bread
- Crackers
- Oatcakes
- Popcorn
- Fruit and vegetables
- Smoothies and fruit yoghurt drinks.
- Meat, chicken, turkey, fish or eggs.
- Milk, cheese, yoghurt or rice pudding
- Plain biscuits, homemade biscuits and cakes, stewed fruit, rice cakes
- Water
- Sandwiches
- Rice or pasta salads.
- Soups.

### The following items are not allowed:

- Crisps
- Chocolate bars
- Sweets of any kind
- Chewing gum
- Fizzy drinks
- Disposable drink cartons

### Exceptions

On the following occasions, treats may be given in addition to healthy lunches:  
Christmas & summer tours, last day before Hallowe'en midterm, Christmas, Easter and summer holidays.