



Powerstown Educate Together National School

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RE: Healthy Eating Policy

Dear Parents/Guardians,

Powerstown ETNS implements a strict healthy eating policy. Please ensure your child has a wholesome lunch each day consisting of; healthy sandwich/crackers, piece of fruit, cheese, yoghurt and a drink: juice, milk or water. No chocolate bars, doughnuts, chocolate spread, chocolate croissants, cereal bars or winders are allowed. If your child has an unhealthy item in their lunch box they will be asked to put it into their school bag and bring it home.

Eating well is important for all of us. In the short-term, it can help us to concentrate, feel good, look our best and stay at a healthy weight. And in the long-term, a healthy, balanced diet can reduce our risk of heart disease, diabetes, osteoporosis and some cancers.

In simple terms, to eat a balanced diet you need to combine several different types of foods - from each of the main food groups - in the right amounts so your body gets all the nutrients it needs while maintaining a healthy weight. This means you should eat:



- Plenty of bread, rice potatoes, pasta and other starchy foods
- Plenty of fruit and vegetables
- Some milk, cheese and yoghurt
- Some meat, fish, eggs, beans and other non-dairy sources of protein, and
- Just a small amount of foods and drinks high in fat and/or sugar

Good food habits in early childhood can last a lifetime. We appreciate your cooperation in maintaining a healthy eating policy in our school.

For more information go to https://www.healthpromotion.ie/health/healthy_eating and see lunch box suggestions below.

Kind regards

Helena Trench

Helena Trench (Principal)