



Raheen Wood Steiner National School Healthy Eating Policy

We acknowledge the importance of wholesome food in the healthy development of every child. To that end, we encourage children to bring lunches that are balanced, nutritious, and varied.

Processed and sugary foods are not encouraged. Sweets, chocolate, crisps and fizzy drinks are not allowed, though plain popcorn is.

A home baked cake is traditionally shared as part of each child's birthday celebration in school. Meringue recipes and sugar icing are not usually used.