

# HEALTHY LUNCH POLICY

As part of the Social, Personal and Health Education (S.P.H.E.) programme we encourage the children to become more aware of the need for healthy food in their lunch boxes.

## **Aims and Objectives:**

1. To promote the personal development and well-being of the child.
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.
3. To enable the child to appreciate the importance of good nutrition for growing, developing and staying healthy.
4. To enable the child to accept some personal responsibility for making wise food choices.
5. To encourage the child to adopt a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

The following guide is designed to help you provide quick, appetizing, and nutritious lunches for your children

## **Bread & Alternatives**

Bread or rolls, preferably wholemeal  
Rice – wholegrain  
Pasta – wholegrain  
Potato Salad  
Wholemeal Scones

## **Savouries**

Lean Meat  
Chicken/Turkey  
Tinned Fish e.g.,  
tuna/sardines  
Cheese  
Quiche  
Pizza

## **Fruit & Vegetables**

Apples, Banana, Peach  
Mandarins, Orange segments,  
Fruit Salad, dried fruit,  
Plum, Pineapple cubes  
Grapes,  
Cucumber, Sweetcorn  
Tomato,  
Coleslaw.

## **Drinks**

Milk  
Fruit juices  
Squashes, i.e. low sugar  
Yoghurt

**Foods not allowed in school apart from Friday when we allow a treat along with the healthy lunch.**

Crisps

Sweets

Chocolate biscuits/bars

We encourage you to avoid fizzy drinks at all times.

**A very simple approach to healthy eating is to use the Food Pyramid:**

Fats Sugar Sweets etc.,	Sparingly
Meat, Fish Peas/Beans Milk, Cheese Yoghurt	2 portions per day 3+ portions per day
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

**Nut Allergy Awareness**

We have a pupil with a nut allergy in school. Nuts and seeds are part of a healthy diet for those without chronic allergy but we would appreciate it if pupils eat such snacks at home rather than bring them to school. **THEREFORE WE WOULD ASK ALL PARENTS NOT TO PROVIDE PUPILS WITH SCHOOL SNACKS WHICH INCLUDE NUTS, SESAME SEEDS OR PRODUCTS WHICH CONTAIN THESE INGREDIENTS.**

**Ratification and Review:**

This policy was ratified by the Board of Management on 13<sup>th</sup> May 2009 and reviewed on 7<sup>th</sup> March 2016.

Signed

Rev Dr Keith Scott (Chairperson)