



Scoil Chaitríona Junior

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:

- To promote the personal development and well-being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives:

- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting 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, appetising, nutritious lunches for your children.

Bread & Alternatives

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

Fruit & Vegetables

Apples, Banana, Peach
Mandarins, Orange segments
Fruit Salad, dried fruit

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g.
Tuna/Sardines
Cheese
Quiche
Pizza

Drinks

Milk
Fruit juices
Squashes i.e. low sugar

Plum, Pineapple cubes
Grapes,
Cucumber, Sweetcorn
Tomato,
Coleslaw.

Yoghurt

A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

Foods not allowed in school:

Crisps and popcorn
Fizzy drinks
Sweets
Chocolate biscuits/bars

(children are allowed treats on Friday)

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

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

Ratification and Communication

This policy was ratified by the Board of Management in 2008.

Date of next policy review: 2014 / 2015 school year

Signed on Behalf of the Board of Management:

Chairman: _____

Date: _____