

Introductory Statement:

In line with our aim of promoting health in Listellick NS we are introducing a healthy lunch policy which will become effective from September 2014. From that date children will be asked to bring in a healthy lunch each day. The views of staff, parents and children were sought using surveys and considered when compiling this policy. We believe that a healthy eating pattern encouraged at an early age will benefit the pupils in both the immediate future and will stay with them through to their adult lives.

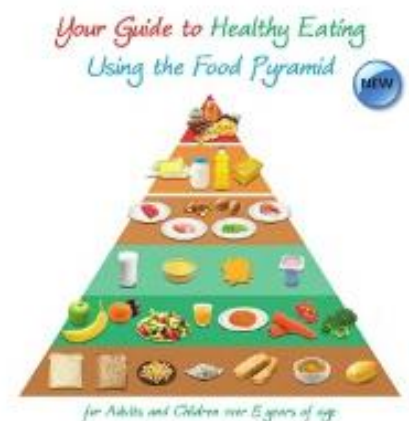
Aims:

- To encourage healthy eating habits.
- To help children understand the link between a healthy diet and a healthy, active lifestyle.
- To help children become more aware of dental hygiene.
- To support the school's environmental policy (green school) on encouraging reusable containers and minimum use of wrappers etc.

Content of this Policy:

Mon-Thurs- Healthy Lunches Encouraged

Friday- "Treat Day" (This encourages pupils to try their best during the week) - One item from the top shelf is allowed e.g. fun sized bar



Exceptions-End of term parties/School tours/Any other specific event at schools discretion.

A healthy lunch should, if possible, include a variety of foods from the bottom four shelves of the food pyramid. These are:

- Bread/Cereals/Rice/Pasta
- Fruit/Vegetables
- Milk/Cheese and Yoghurt
- Meat/Chicken/Fish

Here are some guidelines to help you and your child make your Choice:

- A Drink:-Water, unsweetened juice (or milk although be aware children do not have access to fridge). Drinks should be in a recyclable plastic bottle which can be refilled every day. Fizzy drinks are not allowed.



- A portion of starchy food e.g. sandwiches/crackers/bread products (wholemeal preferable) with a healthy filling - No chocolate spread (please see note on allergies).



- A portion of Fruit and Vegetables-e.g. an apple, grapes, banana, carrot sticks, pepper sticks, cucumber etc. (for younger children please peel oranges etc.).



- A portion of dairy food e.g. Yogurt, individual cheese portion (If you give your child a yogurt please be sure that they have a spoon and that they can manage to eat an entire pot neatly).



- A portion of lean meat e.g. ham/chicken or fish eg. tuna or egg/cheese



To help Parents in planning healthy lunches two information leaflets will be sent home - "Healthy Lunchboxes" (Safefood) and "Eat Smart Move More" (HSE)

*Allergies - Due to allergies that certain children may have nuts and products that contain nuts e.g. Nutella, are not permitted in the school. Your cooperation in this regard is much appreciated.

*Any uneaten lunch to be brought home - This is to keep parents/guardians informed of the amount of lunch your child is eating and is also in conjunction with our green school guidelines.

Foods Prohibited

- Nuts and nut products
- Chewing Gum
- Lollipops/Sweets/Chocolate Bars
- Crisps
- Fizzy/Sports Drinks



Implementation

This policy will be published on the school website and a copy will be sent home to each family. Parents will be asked to actively support this policy.

Review

Our Healthy Eating Policy will be reviewed each school year in order to make any necessary changes/adjustments.

Ratification

The Parents Council/Staff were invited to view and amend this policy.