



## **Healthy Lunch Policy**

The Board of Management has developed this 'Healthy Lunch Policy' after consulting with parents, pupil's teachers and healthcare professionals.

### **Background:**

- Review of previously existing policy.
- Interest in the health and dental health of pupils.
- Complement SPHE Policy.
- Response to guidelines issued by the senior community dietician of the HSE, South East Region.

### **Aims:**

- To promote healthy eating in the school.
- That parents, teachers and pupils recognise the benefits of a healthy lunch.
- To consolidate lessons which form part of the school SPHE programme.
- That children recognise healthy and unhealthy foods.

**Healthy Lunch Policy:** This is a 5 day (Mon/Fri) programme.

### **The following foods are recommended:**

- Sandwiches, rolls, bread, crackers
- All fruit and vegetables
- Milk, water, soup, pure fruit juices
- Scones
- Home made cakes and buns
- Plain bought buns (no icing)
- Yoghurt, fromage frais, yoghurt drinks (please ensure that they are easily opened)
- Plain popcorn
- Cheese

### **The following foods are not recommended:**

- Fizzy drinks
- 'Tetrapak' fruit juices
- Crisps, flavoured popcorn etc
- Biscuits and sweets
- Cream cakes, iced buns, sweet cakes
- Sausage rolls

Children should bring their lunches in fastened lunch boxes with their names on them.

Drinks should be brought in reusable containers (not glass, not 'tetrapak' cartons) which the child can reuse day after day.

Lunches to be kept on shelves provided. A child who wishes to bring milk to school will be allowed to keep the milk in the school fridge.

**Treats:** Children are allowed to bring **one treat each on a Friday**. The teachers and parents' committee can provide treats on special occasions such as Christmas party day, match days etc.

**Note:** For reasons of health and safety, chewing gum is not allowed in St. Finian's N. S.

This policy will be reviewed occasionally by the school principal. The views of the parents, staff members and members of the BOM will be welcome prior to any review.