



St Mary's Healthy Lunch Policy

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:

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 for life.

Objectives:

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
2. 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, and nutritious lunches for your children

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice - wholegrain

Savouries

Lean Meat
Chicken/Turkey



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Pasta - wholegrain
Potato Salad
Wholemeal Scones

Tinned Fish e.g.,
tuna/sardines
Cheese
Quiche

Fruit & Vegetables

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

Drinks

Water
*Fruit juices - check label
Milk
Yoghurt

****Note - please check labels of 'fruit' juices and drinks, if water and sugar are listed in the first few ingredients they may not be the healthiest choice. Look for drinks that have a high juice content. However, be aware that even natural juices and smoothies can have a high sugar content.***

Foods not allowed in school or on school transport :

Chewing gum Crisps Nuts Dessert Pots
Fizzy drinks Sweets
Chocolate biscuits/cereal bars (except as a treat occasionally)

Hot Food/Drinks

For Health & Safety reasons no hot foods can be accepted as part of the school lunch e.g. soup, etc. Pupils will not have access to the use of a microwave or grill except as part of their Home Economics class.



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See the enclosed booklet from SafeFood for further information and advice.

SCHOOL LUNCH

Since 2013 St Mary's has been fortunate to qualify for grant payments that provide a nutritious lunch each day for all pupils.

We estimate that this can amount to at least €350 saving per annum for you.

The current provider is Glanmore Foods. Their menu has been approved for both food preparation standards and for its nutritional content.

At the beginning of the year each pupil is given an opportunity to choose from a selection of items. Please ensure that you are aware of what choices are available and discuss with your child what choices would be best.

We are aware than occasionally this may not be suitable for your child and you may of course send in your own lunch. Let us know as soon as possible if you don't wish to avail of the school lunch as we can then cancel the order.

For any information regarding food allergies or intolerances or any other queries please get in contact with your class teacher.



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PLEASE SIGN AND RETURN THE SLIP BELOW

I have read the Healthy Lunch Policy

I will notify the school of any allergies or food related concerns

I have discussed the contents of the policy with my son/daughter

Signed _____

Date _____