



Introductory Statement

This policy was formulated after a survey carried out among the staff in Scoil N. Phadraig Naofa, Avoca.

The aim of this policy is to support parents and pupils in relation to developing healthy eating habits from an early age. Practical suggestions for nutritious school lunches are included, in addition to alternative snacks and treats.

This policy is linked to

- SPHE: Taking Care of My Body - Food and Nutrition and Making Choices
- Science: Myself - Human Life Processes



Objectives

- To help children and parents make healthy food choices
- To improve the children's concentration and energy levels
- To develop an awareness of nutrition i.e. ingredients of food

Guidelines:

- A healthy lunch-box contains a piece of food from the lowest 4 levels of the Food Pyramid
- Snacks for small break include fruit, vegetables, flapjacks, fruit yoghurts, fromage frais, crackers and raisins.
- Healthy fillings for sandwiches are encouraged - please avoid chocolate spread and Nutella.
- The following foods are not permitted; chewing gum, large bars, crisps, sweets, fizzy drinks and milk (due to a lack of refrigeration space)
- **There is a total ban on nuts and nut products due to serious allergies of some of our pupils.**
- Water is encouraged, although juices may be used as an alternative.
- Guidelines recommend that 50% of the plate should contain fruit and vegetables.

Exemptions:

- Children are allowed a small treat on **Friday Only**. (Suggestions include a mini-bar, biscuit or bun)
- Children will be allowed to have a treat day at end of term parties.

Preparing a Healthy Lunch for your child.

We all know that children need a healthy, balanced diet to grow and develop but did you also know that research has shown that children who eat a nutritious lunch are better able to concentrate in school than those who don't?

It is always a challenge to find healthy and interesting food to fill the lunch box with and we all lead very busy lives so the last thing we want to see at the end of the school day is food coming home uneaten.

Here is a list of tips and suggestions which we hope will make your lunch planning a little easier.

Tips for making a healthy lunch that your child will enjoy

Involve your child in the planning/shopping for lunch ideas

Include some fresh fruit or veg each day.

Cut food into small portions and ensure that your child can open any container that you use Remember that your child's lunch should provide roughly one third of their daily intake of nutrients Look to the food pyramid and try to include elements from each level .

Vary the lunch box contents as much as possible using the foods you know your child will eat

Introduce new foods to them gradually but remember to always try out your new lunch ideas at home first so kids are familiar with them.

Bread alternatives

If you and your child are bored with endless ham or cheese sandwiches why not try a few alternatives?

Pitta bread/Wraps

Baps or bagels

Crisp breads/Cream crackers

Pasta or Rice salads



Fruit/Vegetable ideas :

A piece of fresh fruit such as an Apple/Pear/Banana/Kiwi/Satsuma

Chopped fresh fruit or berries/Fruit salad

Dried fruits such as banana chips/dried apricots/Raisins

Salads/Sweetcorn used for sandwich or wrap fillings

Cherry tomatoes or pieces of chopped raw veg such as Carrots, Celery or Broccoli



Milk/Cheese/Yoghurt ideas:

Natural yoghurt with grapes/bananas/dried fruit/fruit puree added

Fromage frais/petit filous

Cheese cubes/Cheese triangles/Baby Bel/Cheese Strings

Cheese spread or cream cheese on bread or any of the alternatives above

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Meat/ Fish Ideas

Chopped cooked ham or turkey



Slices of Ham/Beef/ Portions of tinned Tuna or Salmon

Drinks:

Water

Milk

Fruit juice

Flask of soup

