

Healthy Lunch Policy

As part of the Social, Personal and Healthy Education (SPHE) Programme, in St. David's B.N.S. we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. A low sugar intake promotes concentration, lessens hyperactivity, protects teeth and lessen the risk of diabetes. A low salt intake reduces the risk of heart disease in later life.)

The Healthy Eating Policy has been introduced in St. David's B.N.S. to:

- Combat the high incidence of childhood obesity
- Inform pupils of the healthier food choices
- Create an environment where healthy eating is the norm for all children.

The Healthy Eating Policy is implemented on every school day except those days designated by staff as 'celebration' days i.e. Christmas, Halloween, Communion, Confirmation and end of term parties.

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. The following guide is designed to help you provide quick, appetising and nutritious lunches for your children.

| Healthy Lunch Options: | Foods not allowed: |
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| Milk | Fizzy drinks, Sunny-D, Fruit Shoots, Capri-Sun, Amigo Flavoured Milks i.e. Yazoo |
| Water | Chewing Gum, Sweets |
| Unsweetened Juices | Dairylea Lunchable style products |
| Cheese, Yogurts | Fried foods |
| Salads | Biscuits, Cakes |
| Fruit, Dried Fruit, Raisins | Crisps/similar snacks |
| Soup, Pasta | Cheesy/Sweetened popcorn |
| Raw vegetables | Chocolate (all forms including spread) |
| Crackers (plain/unsalted) Rice cakes (plain/unsalted) | Breakfast bars/biscuits/cereal bars/breakfast cereals i.e. Nutrigrain, Rice Krispee Squares etc |

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|---------------------------------------|---------------------|
| Plain popcorn | Fruit winders |
| Pitta bread, bagels | Pancakes |
| Bread or rolls (preferably wholemeal) | Croissants, Waffles |

- Any pupil with still water in a plastic bottle will be permitted to keep this on his desk and drink from it throughout the day.
- Milk, fruit and sandwiches are available free to your child every day and we would encourage your son to take them.
- Every child must bring their lunch to school in a lunch box.
- Lunch waste (e.g. Uneaten food, wrappings cartons) must be taken home in your son's lunch box as per our Green School Policy.
- On occasion during the year we will focus on promoting healthy lunches to include fruit, vegetables or other healthy foods.
- **Because of the dangers associated with nut allergies please ensure there are no nuts or traces of nuts in your son's lunch.**

To aid the implementation of the Healthy Eating Policy any pupil with unhealthy lunch choices will be dealt with as follows:

- The pupil will not be permitted to consume the unhealthy lunch option during school hours.
- A pre-prepared slip will be stapled into the pupil's diary to inform parents of the incident.
- Three slips will necessitate a visit to the school by a parent to discuss the issue.
- Food Pyramid: A very simple approach to healthy eating is to use the food pyramid. See attached.

The following website is useful and provides relevant information on healthy eating and healthy lunch options: www.fooddudes.ie and www.bordbia.ie

We look forward to healthy eating and a greener environment.

Signed

Chairperson: _____

Date: _____