



Healthy Lunch Policy

According to Circular 0013/2016 the school is required to develop a healthy lunch policy.

Rationale

This Healthy Eating Policy was formulated to promote healthy eating amongst our school community.

Aims

1. to promote nutrition awareness.
2. to support and encourage healthy eating habits.
3. to improve health and well-being through the consumption of healthy food.

Context

Parents / guardians are asked to provide children with a healthy lunch box. (see section 2-6 of Food pyramid)

The following items are not permitted in the lunch box:- (see section 1 of Food Pyramid)

Please see guide to lunch boxes attached also.

- Nuts
- chewing gum
- biscuits
- crisps
- sweets
- cake
- fizzy / sugary drinks
- bars
- buns

Points of Information:

- The children learn about the effects of healthy eating as part of Science and OSPS subjects (SPHE) . The Food Pyramid is used as a reference point for healthy eating.
- **Sharing of Lunches/Bringing in Treats from Home:** On Health and Safety grounds, due to allergies and/or dietary needs, requirements, customs, lunch-swapping between children is not permitted and we also ask that no food/ treats are sent into school to share with other children. This includes birthdays, when we ask that treats are not sent in.
- However, on special occasions, (Sport's Day; School Tour; End of Term) lunchboxes may include a treat. The class teachers will inform the children and parents of these occasions.
- No glass bottles or cans are permitted for safety reasons.
- For junior infants we ask parents to practice 'lunch time' with the children before they come to school.
- All lunch litter is to be taken home.
- In classes where there is a lot of healthy eating, a teacher may reward the children with an "activity break" i.e. 10 min exercise in the yard.
- The Children's Committee will from time to time survey lunch boxes and recommend improvements to the school community.

GRMA for your cooperation. We appreciate the efforts involved to keeping lunch boxes healthy.



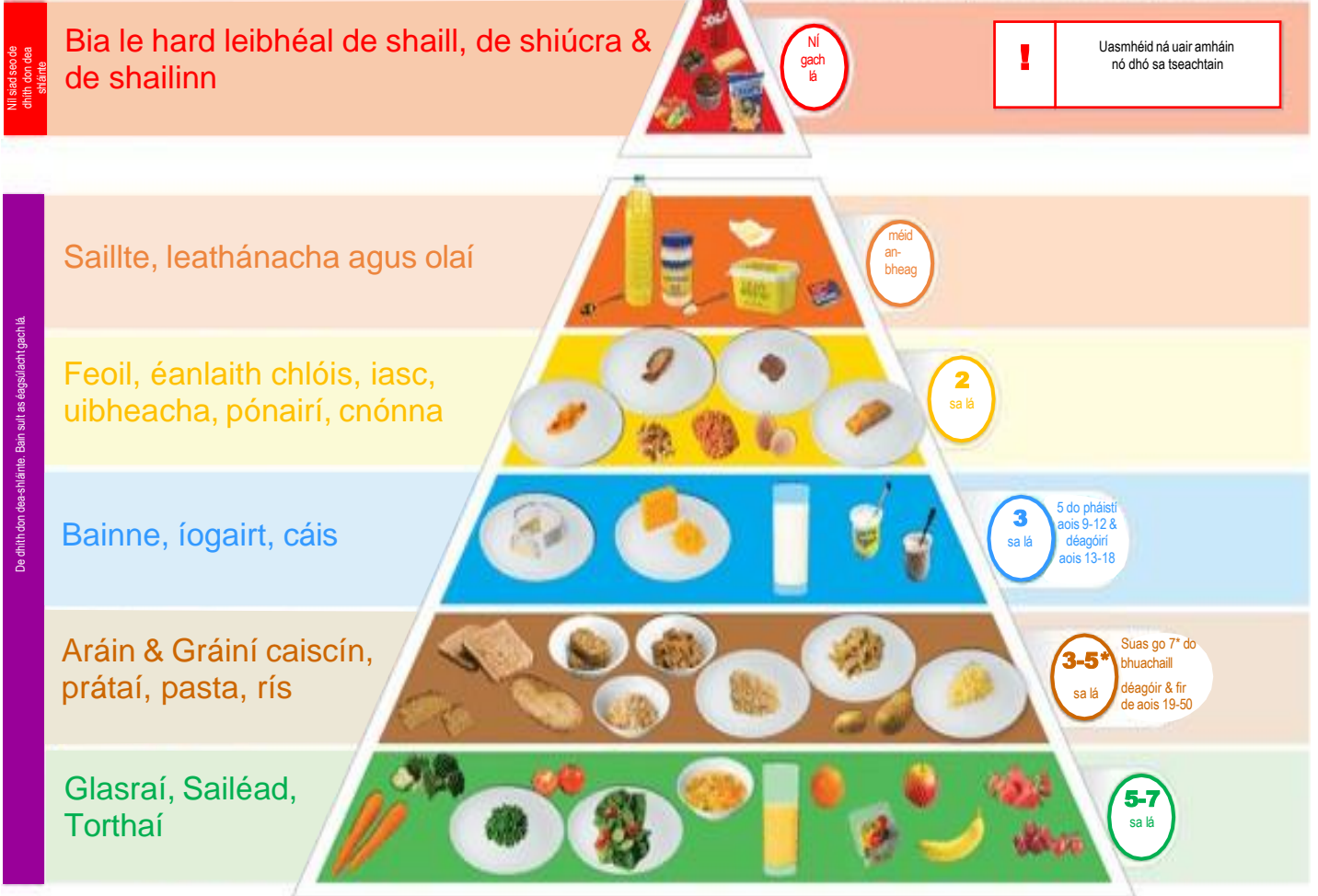
Lóin sláintiúil - Treoir dona boscaí lóin

A guide for lunch boxes.

Tá cead	Níl cead
Bia ó Rannóg 2-6 den Phirimid an Bhia / <i>Food from section 2-6 of Food Pyramid</i>	Bia ó Rannóg 1 den Phirimid an Bhia / <i>Food from section 1 of Food Pyramid</i>
Torthaí / <i>Fruit</i>	Seacláid / <i>Chocolate</i>
Glasraí / <i>Vegetables</i>	Guma coganta / <i>Chewing gum</i>
Cáis / <i>Cheese</i>	Deochanna shúillínneacha / <i>Fizzy drinks</i>
Íogairt / <i>yoghurt</i>	Deochanna fuinneamh/ <i>Energy drinks</i>
Ceapairí / <i>Sandwiches</i>	Criospaí, Criospaí Nádúrtha <i>Crisps / Natural / Vegetable crisps</i>
Deoch / <i>Drinks</i> Uisce/ <i>water</i>	Brioscaí / <i>bicuits</i>
Pasta, Rís, Gráin, Cous-Cous / <i>Pasta, Rice, Grain, Cous-Cous</i>	Milseáin / <i>Sweets</i>
Craicéirí / <i>Crackers</i>	Bunóga / <i>Muffins</i>
Hummus	Cácaí Ríse (le blas milis) / <i>Rice cakes with sweet flavouring</i>
Cácaí Ríse (gan blas milis) / <i>Rice cakes without sweet flavouring</i>	Frubes & Íogairt le Crunch corner / <i>Crunch corner yoghurts that contain chocolate</i>
Pancóga (nadúrtha) / <i>Pancakes (natural)</i>	Píotsa / <i>Pizzas</i>

Pirimid an Bhia

Do dhaoine fásta, dhéagóirí agus pháistí d'aois cúig nó níos mó



Food Pyramid

For adults, teenagers and children aged five and over

