



St. Martin's NS, Brittas, Co. Dublin



HEALTHY LUNCH POLICY

Rationale:

As part of the S.P.H.E. curriculum we introduced the idea of healthy eating to our classes and developed the topic through the encouragement of Healthy Lunches to:

- Encourage children to eat healthily while in school and thereby foster a lifelong healthy eating habit.
- Educate children on how to choose appropriate lunch contents.
- Make parents aware of the school's programme
- Standardise appropriate lunches across the school

We encourage the inclusion of the following items in their lunch boxes:

Breads/Cereals	Fruit & Veg	Fluids	Dairy	Proteins
Sandwiches Crackers Scones Plain Biscuits Bread Sticks	All fresh fruit (cut up for younger children) Dried Fruit Raw Veggies (sliced or cubed carrot, cucumber celery)	Water or Unsweetened Fruit Juice	Cheese	Cooked Meats Tuna Sardines

We discourage the following:

- **Sugars:** Chocolate, Sweets, Sugary biscuits and bar, Fizzy drinks including Lucozade.
NO CHEWING GUM
- **Fats:** Crisps of any kind.
- **Flavoured milks and yoghurts:** These should be consumed at home where they are easier to manage and packaging can be disposed of in an environmentally friendly manner.

Think Green:

Lunches should be packed in re-usable lunch boxes to reduce the need for tinfoil, cling film and commercial packaging. Drinks should be in flasks or appropriate drinking bottles. It is highly recommended that we all drink water regularly during the day and each child should have their own bottle of water in school. Bottles should be labelled and re-used as we cannot dispose of unwanted plastics.

Parental Support is vital in the implementation of this policy and we ask all parents to support our healthy lunch policy by:

- a) Encouraging their children to make healthy choices.
- b) Involving them in preparing lunches.
- c) Saving treats for home time.
- d) Adhering to the school recommendations

Teachers:

The staff will lead by example, eating healthy lunches and by encouragement. Occasionally children may get small treats in school (at the discretion of the class teacher) for hard work and/or good behaviour.