

All Saints' National School  
Carnew

**HEALTHY LUNCH POLICY**

Parents and teachers have been involved in developing this policy.

**Aim**

The aim of this policy is to encourage healthy eating habits. We hope that pupils will carry these healthy eating habits with them long after they leave our school. Pupils will be encouraged to eat lunches which are low in fat, high in fibre, low in sugar and low in salt.

**Guidelines**

- Pupils should be encouraged to bring juices, milk and water. **No fizzy drinks are allowed.**
- A reminder of 'Suggestions and Ideas for Healthy Lunches' should be sent out at the beginning of the school year.
- **On Fridays a treat is allowed with the usual lunch.** The lunch should not be made up entirely of treats.
- We encourage pupils to eat more fruit by bringing in and tasting different fruit and vegetables.
- Pupils will be taught about the food pyramid – the importance of certain foods in our diets and the effect of too much fatty food, sugar and salt.
- The Public Health Nurse or local dietician will be invited to talk to the pupils.
- We will aim to keep our lunchboxes healthy every day.
- We will avail of the Bord Bia Food Dudes Programme and the Cool Dudes Cookery Programme – Healthy Food Made Easy

**Review**

This policy will be reviewed. Feedback from pupils, parents and staff will all be taken into account when carrying out this review. At the review meeting on 25.02.2016 it was agreed to relaunch the healthy lunch policy with an emphasis on how much sugar is contained in certain foods and drinks.

**Ratification**

This Policy was ratified by the Board of Management of All Saints National School on 2<sup>nd</sup> December 2003, reviewed on 10<sup>th</sup> April 2008, 7<sup>th</sup> October 2014, 3<sup>rd</sup> February 2016 and 12<sup>th</sup> October 2018.

Signed: Linda Dunne  
Chairperson of the Board of Management

Date: 12/10/18

## Healthy Eating Policy

Our Healthy Eating Policy was devised in line with Food & Nutrition Guidelines for Primary Schools set out by the Department of Health and Children. Research suggests that attention and concentration levels improve with the consumption of nutritious food. We already have in place a Healthy Lunch Policy where children bring in healthy lunches each day with treats allowed only on Fridays.

### **Suggestions for lunch boxes:**

<b>Types of bread</b>	<b>Fillings</b>	<b>Fruit</b>	<b>Vegetables</b>	<b>Drinks</b>
Brown bread Scones Pitta bread Bagels Rolls Crackers	Tuna & sweetcorn Ham Chicken Turkey Salad Tomato & lettuce Cheese Coleslaw	Apples Bananas Pears Grapes Dried fruit Nuts Peaches Mandarins Fruit salad Oranges Plums	Carrots Celery sticks Sliced peppers Cucumber Sweetcorn	Milk Water Juice

**Other Suggestions:** Yogurt, popcorn, quiche and rice.