

Healthy Lunch/Eating Policy.(Draft policy)
Limerick East Educate Together National School.

As part of the Social , Personal and Health Education (S.P.H.E) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aims:

1. To promote the personal development and well being of the child.
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives:

To enable the child to appreciate the importance of good nutrition for growing and development and staying healthy.

To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

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. It should also provide dietary fibre(roughage)

The traditional milk and sandwiches is under attack from a range of convenience foods like crisps , sweets biscuits and soft drinks.

Parents and teachers are concerned about this trend and this policy is developed in this context.

We ask you as parents to encourage a healthy lunch from the start of the school year. The following guide is designed to help to provide quick appetizing and nutritious lunches for your child

Bread and Alternatives Bread or rolls , preferably wholemeal

Rice

Pasta

Wholemeal Scones.

Savouries

Chicken /ham /Turkey
Cheese
Pizza
Quiche.

Fruit and Vegetables: +-

Apples ,banana , Peach
Mandarins Oranges
Fruit salad. Dried fruit
Plum
Pineapple cubes
Cucumber
Sweet corn

A word about milk:

Growing children should get approx. 1 pint of milk a day or its equivalent as cheese ,yoghurt or milk pudding .This ensures that they get enough calcium which is essential for healthy bones and teeth.

If a child does not drink a glass of milk at lunch encourage him to have a carton of yoghurt or a small helping of cheese instead.

Foods that we actively discourage:

Crisps.
Fizzy drinks
Sweets
Chocolate biscuits /bars