



RAHARA N.S.
SCOIL NÁISIÚNTA RATH ARADH

Healthy Lunches Policy 2019

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HEALTHY SCHOOL LUNCH POLICY.

Aim:

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns, we educate children for later life.

Healthy Lunch Options:

Children should choose from the following foods regularly

- Sandwiches
- Bread/scones
- Pitta bread
- Rice cakes/crackers
- Pasta
- Fruit
- Vegetables
- Cheese, lean meat, eggs, fish, peanut butter, salad
- Dried fruit
- Popcorn (small sandwich bag/15g)
- Soup (in a flask)
- Water
- Milk
- Fruit Juice (preferably pure or diluted)
- Yoghurt Drinks

Forbidden Foods

We do not allow foods such as:

- Sweets
- Bars
- Biscuits
- Crisps
- Buns

- Cakes
- Lollies
- **Fizzy drinks**
- **Energy drinks**
- **Chewing gum**

However, on Friday one treat from the above list may be brought to school as part of the pupil's lunch, if parents wish, with the exception of fizzy/energy drinks and chewing gum.

Roles and Responsibilities:

Role of Parents:

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement the school policy by not allowing their children to bring forbidden foods to school with the exception of Friday.

Role of Children:

- To eat their lunch
- Pupils must not share or swap their lunches.
- Bring home any uneaten lunch.
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring forbidden foods to school with the exception of Friday.

Role of School:

- To promote and encourage healthy eating, health and nutrition, through the delivery of SPHE lessons.
- If children bring forbidden food to school they will not be allowed to eat the food and will be asked to take the food home. If there is no alternative healthy food in their lunch box then a member of staff may phone their parents to request a healthy lunch.
- Sometimes children forget their lunches. In cases where the staff is informed every effort will be made to contact parents.

Implementation:

This policy was reviewed by staff in November 2012. A letter will be sent to parents with a copy of the updated draft policy. Healthy Eating will be discussed with the children at home and in school.

This policy will be implemented from _____.

A copy of *The Healthy Food Pyramid* will be on display in every classroom.

As part of the Social Personal and Health Education curriculum, food and nutrition will be discussed with the children regularly by staff.

Teachers will continue to give a sweet treat on special occasions (eg. Halloween, Christmas, celebrations etc).

Review:

This policy will be reviewed by staff and the parents during the first term of every year and if necessary updated in consultation with both parties.

Signed:

Parent Representative: _____

Teacher Representatives: _____

Chairperson of the BOM: _____