# HEALTHY LUNCH POLICY

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.

1. To promote the health of the child and provide a foundation

for healthy living in all its aspects.

 **Objectives:**

1. To enable the child to appreciate the importance of good

nutrition for growing and developing and staying healthy.

1. 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 packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

## Bread & Alternatives Savouries

Bread or rolls, preferably wholemeal Lean Meat

Rice – wholegrain Chicken/Turkey

Pasta – wholegrain Tinned Fish e.g.,

Potato Salad tuna/sardines

Wholemeal Scones Cheese

Quiche

Pizza

## Fruit & Vegetables Drinks

Apples, Banana, Peach Milk

Mandarins, Orange segments, Fruit juices

Fruit Salad, dried fruit, Squashes, i.e. low sugar

Plum, Pineapple cubes

Grapes,

Cucumber, Sweetcorn

Tomato,

Coleslaw.

**Foods not allowed in school:**

### Crisps and popcorn

Fizzy drinks

Sweets

Chocolate biscuits/bars

Yoghurt as spillages on carpet are difficult to deal with.

**A very simple approach to healthy eating is to use the Food Pyramid**:

 Fats

###  Sugar Sparingly

 Sweets etc.,

 Meat, Fish 2 portions per day

 Peas/Beans

 Milk, Cheese 3+ portions per day

####  Yoghurt

 Fruit & Vegetables 4+ portions per day

 Bread, Cereals & Potatoes 6+ portions per day