**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.
2. 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.
2. 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                                    **Protein**

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

Plum, Pineapple cubes                                          Yoghurt

Grapes,

Cucumber, Sweetcorn

Tomato,

Coleslaw.

**A word about Milk**

Growing children should get approximately one 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 not allowed in school:**

* Crisps
* Fizzy drinks
* Sweets
* Chocolate biscuits/bar

**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