

Healthy School Lunches Policy

The **Board of Management** has sanctioned this updated policy.

- The pupil's ability to **concentrate and learn** is directly affected by diet. **Good eating habits** in childhood will last them the rest of their lives.
- Each child is expected to bring in a healthy lunch every day.
- On **Friday, one small treat** is allowed in addition to the usual healthy lunch.
- **High sugar foods** eg. Cereal bars, fruit winders and yoghurts with chocolate pieces are considered treats.
- Lunches should consist of **substantial, nutritious and healthy food** such as sandwiches/wraps/rolls, fruit and raw vegetables, yoghurt etc. Scones, crackers, popcorn, plain biscuit/ buns/cakes and are acceptable **along** with their lunches.
- **Drinks** – Acceptable drinks for lunches include water, pure fruit juices and milk. Fizzy drinks, high-energy drinks and diluted juices are not permitted at any time. It is important for children to drink lots of water during the day and leave juices and milk for lunch times only.
- Children have to eat their lunch before going out to play and are given sufficient time to do so.
- We ask children to bring home **leftovers and wrappers**, so that you can see what is being eaten and to minimise rubbish in line with our **Green Schools Project**.
- Children will be asked to keep any food which does not comply with the Healthy Lunch Policy for consumption **after school**.
- It is beneficial to your child's health and learning not to consume sweets/fizzy drinks etc in the morning **before school**.

NOT ALLOWED:

Chewing gum is not allowed in the school grounds at any time.