



## Healthy Lunch Policy

This policy was reviewed in May 2016 following consultation with the Student Council, Staff, Parents, Nutritionist and B.O.M.

### Aim:

The focus of the policy is to support parents and pupils in relation to healthy eating habits from an early age. Practical suggestions are included relating to snacks and treats as well as possible nutritious lunches.

### Objectives:

A health lunchbox contains:

- At least 2 portions from the bread/cereals group
- 2-3 portions of fruit and vegetables
- 1 portion from the meat and the meat alternatives group
- 2 portion from the dairy group
- Hot food such as pastas, soups, noodles. Please be vigilant regarding the temperature of the food being put into the flask.
- The following foods do not support a healthy lunch policy and should be excluded from your child's lunch box - crisps, lollipops, crispie buns, fizzy drinks, sweets, chewing gum, nutella or chocolate spreads. Other items not permitted are frubes.
- All classes will revise the food pyramid yearly encouraging healthy eating/living.
- 5<sup>th</sup> and 6<sup>th</sup> classes are to be given a talk based on healthy living and exercise.
- Due to the incidence of severe allergy to peanuts and mixed nuts amongst some pupils, we ask you to **omit all peanuts, nuts and nut based products** from your child's lunchbox including Nutella, peanut butter, chocolate spread and cereal bars/health bars. We are now a nut free zone.

- If your child has eaten any food containing nuts before coming to school, please be sure your child's hands and face have been thoroughly washed before entering the school.

Exemptions:

Treat day is on a Friday only and a small treat is permitted which includes wafer bards, small chocolate bar (fun-size), hot chocolate in flask, small packet of sweets etc.

Healthy lunch box options:

*Foods from the top tier of the food pyramid should not be included in your child's lunchbox*



Snacks:

Try ... hummus and carrot sticks, scones, washed raw vegetables, fruit for example banana, handful of grapes, easy peel mandarin, ring of pineapple, dried fruit, crackers and cream cheese, crackers, mini quiche, fromage frais, breadsticks, crispbreads, natural or low fat yogurt with fresh fruit.

## Drinks:

*Gulp down ... water, milk.*

## Carbohydrates

*What about ... whole-grain breads, rolls, bagels, wraps, oatcakes, crackers, pitta, rice, rice cakes, pasta.*

Fillings could include: hummus, tuna, cheese, ham and cheese, chicken and cheese, fish fingers, salad, mashed egg.

## Food Dudes:

To help highlight awareness of healthy school lunches the "Food Dudes" Healthy Eating Programme is practised in our school. Food Dudes is a programme developed by the Food and Activity Research Unit at Bangor University Wales to encourage children to eat more fruit and vegetables both in school and at home. It is based on positive role models (The Food Dude characters), repeated tasting and rewards. In Ireland, the programme has shown to be effective. It is ultimately designed to enable children to enjoy eating healthy diets, and to create a healthy eating culture within schools. Food Dudes is now being offered to all primary schools in Ireland. In Our Lady of Good Counsel B.M.S., Junior Infants - 2<sup>nd</sup> classes take part in the programme annually.

## Green Flag School:

Children are also asked to:

- ✓ Take home (in their lunchbox) all uneaten food, foil, wrappers, drinks cartons and containers
- ✓ Put only fruit peel into the compost bins
- ✓ Not bring in cans or glass - for safety reasons

N.B. Parents/guardians of any child with a medical condition which requires a special dietary provision should contact the school.

Ratification:

This policy was ratified by the Board of Management at its meeting on June 14<sup>th</sup> 2016. A copy of the policy is available on the school website. Hard copies are available from the school office on request.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Chairperson

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Principal