



REVISED LUNCH POLICY OVERVIEW

February 2020

- Lunches should include at least one piece of fruit or raw vegetable.
- Sandwiches using wholemeal or wholegrain bread are preferable.
- Sandwiches should include either meat, chicken, fish, egg or cheese. Chocolate spread/Nutella are now allowed.
- Children should have a drink at lunch. Milk and water are the best choices. Unsweetened diluted fruit juice or diluted sugar-free squash are also suitable drinks if taken with food.
- Fizzy drinks such as Coke, Sprite, Pepsi, Fanta etc are forbidden.
- Crisp and crisp-related products are not allowed.
- Popcorn and chewing gum are not allowed on grounds of cleanliness and hygiene.
- Consumption of biscuits, bars, sweets and cereal bars(in moderation) is confined to Friday only.
- Cereal bars are considered a treat and so are confined to Fridays.
- Where there are children with particular medical conditions requiring special dietary provisions, accommodation will be provided in line with medical advice. Parents should advise the school accordingly and particularly if a child has an allergy.
- All classes to revise the food pyramid encouraging healthy living
- 5th and 6th classes are to be given a talk based on healthy living and exercise.
- Children are required to bring ALL uneaten foods, wrappers and other packaging home in the lunchboxes to be disposed of at home so as to reduce litter and protect the school environment.
- Tap-Tastic, Less Plastic: We encourage the daily use of re-useable bottles for drinks.