

# HEALTHY SCHOOL LUNCHES

It is the policy of St. Aidan's National School, Clonroche that children will be encouraged to bring healthy lunches to schools.

The reasons for this policy are as follows:

- ❖ To reinforce the SPHE curriculum.
- ❖ To ensure lunches are high in fibre, low in fat, low in sugar and low in salt.
- ❖ To provide a variety of foods from the food pyramid.
- ❖ To eat foods that do not contribute to tooth decay.
- ❖ To help reduce litter in the school.

**NOTE:** Children should bring their own lunch to school. Each brother/sister should have a separate lunch box/bag.

If for some reason a child does not have his/her lunch coming to school, the Parent/guardian should ensure that lunch is handed into the office for them before 11.00 a.m. **Classes should not be disturbed.**

## SUGGESTIONS FOR HEALTHY LUNCHES

- ◆ Dried fruit (raisins , apricots, cranberries etc.)
- ◆ Sandwich, roll, bread, crackers, oatcakes  
**Suggested Fillings For Sandwiches:** *meat, egg, salad, cheese, tuna*
- ◆ Fruit, vegetables (*carrot sticks, peppers, cucumbers etc*)
- ◆ Milk, water, pure fruit juice, sugar free squash
- ◆ Scones, plain buns (no icing) brack, plain biscuits, digestive, rich tea, marietta)  
***note:*** 2/3 biscuits are sufficient
- ◆ Yogurt, fromage frais, yogurt drinks.

**NOTE:** If a child is bringing a cereal bar in his / her lunchbox, please choose a bar that is not covered in chocolate or sweets.

## FOODS NOT RECOMMENDED

- ✗ Nuts (because of choking hazard and risk of allergy)
- ✗ Sweets, bars, chocolate
- ✗ Fizzy drinks, isotonic drinks (e.g. red bull, lucozade sport)
- ✗ Biscuits (*other than those listed above*)
- ✗ Crisps
- ✗ Chips / spicy wedges / sausages / sausage rolls
- ✗ Winders / squidgers (No foods/ sweets with artificial colours / flavourings)
- ✗ Popcorn (due to litter problems)
- ✗ Nutella

**NOTE:** Throat lozenges can only be consumed if a note from a parent is given to the class teacher.

If a child brings in non-recommended foods or drinks, they will not be allowed to eat or drink them until after school hours.

**WASTE:** Uneaten food should be taken home in the lunch-box so that parents know what their child is eating in school. Plastic, composting and paper products may be recycled through the school. If possible, please use a refillable drink bottle as this cuts down on waste in the school.