



## Healthy Lunch Policy:

Eating habits, started in childhood, will influence a child's chances of a healthy life. As part of the school's ongoing commitment to developing all aspects of the children's lives and as an integral part of the S.P.H.E. Primary Curriculum, Scoil Eoin Phóil actively promotes a healthy lunch policy.

### Aims of this Policy

- To promote the health and well being of the child.
- To provide a foundation for healthy living.

### Objectives

- To enable the child to appreciate the importance of healthy eating for growth and good health.
- To develop in the child good decision making in adopting a healthy, balanced diet

The following suggestions are designed to help you to encourage healthy lunches from Junior Infants through to 6<sup>th</sup> class.

- Healthy eating habits are cultivated as school policy.
- Children bring a light snack for 11 o'clock break and a larger lunch for the 12.30 break.
- Children eat their lunches in the classroom at 12.30 pm.
- Each child should be supplied with a lunch box and flask/drink container. No glass bottles allowed. Cartons are discouraged in accordance with our Green School ethos.
- Parents/Guardians will be supplied with a "Your child's lunchbox" leaflet when the child is enrolled in the school. They will also be advised of the healthy lunch policy.



- Children are encouraged to bring sandwiches, fruit, pasta, salads, lean meat, cheese, yogurt (but not Frubes), vegetables etc.

We ask that Children do not bring the following to school:


Crisps	Sweets	Biscuits	Chocolate	Cereal bars
Chewing gum	Fruit winders	Frubes		Fizzy drinks

As a Green Flag school, children are asked to:

- Take home in the lunchbox all uneaten food, tinfoil, wrapping, containers and cartons.
- Put fruit peel into compost bins.
- Not bring in cans or glass for safety reasons.

N.B Parent(s) / guardian(s) of any child with a medical condition which requires a special diet should contact the school.

This policy was reviewed in February 2018. It was ratified by the Board of Management on 26/2/2018 (date).

Signature:  .....

Chairperson.  
Scoil Eoin Phóil

Date: 26/2/2018

Signature:  .....

Principal.  
Scoil Eoin Phóil

Date: 26/2/2018