

## Healthy Lunch Policy

It is the policy of the Board of Management of Cloonakilla N.S. to encourage the children to become more aware of the need for healthy food in their lunch boxes. We do this in conjunction with the S.P.H.E. Programme. Surveys have shown that children's lunches are often very unhealthy and are not nutritionally adequate because they tend to be low in fibre and high in sugar. Lunch should provide one third of your child's food requirements for the day. We encourage parents to plan a healthy lunch using one food from each of the food groups- two pieces of fruit, yogurt, bread or rolls with nutritional filling, pitta bread, scones, cheese, salad, pastas, vegetables e.g. carrot sticks, cucumber etc. Drinks could include milk, fruit juices, yoghurt drinks or water.

**A very simple approach to healthy eating is to use the Food Pyramid:**



### Hot Lunches Programme

Cloonakilla NS is participating in the Department of Social Protection funded Free Hot Lunch Scheme. Each child will receive a hot lunch chosen by themselves through a Lunch Bag Company App. We would ask parents/guardians to encourage children to taste new foods and change their orders regularly to avoid menu fatigue. Children will continue to bring a snack for the 11am break. It is important the Healthy Eating Policy is adhered to. Please note biscuits, cereal bars & popcorn are considered treats and should only be included on a Friday.

### Treat Day

On Fridays children are allowed to bring a small treat to school e.g. small bar, biscuits, small packets of sweets, crisps/popcorn. Children are not allowed to bring in lollipops or fizzy drinks at any time. Children are allowed sweets on day of holidays at Christmas and summer or when going on school trips.

## **Green Flag School**

Our green school motto is:

**'A GREEN SPACE IS A BETTER PLACE!'**

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- Do not bring in cans and glass – for safety reasons

A healthy eating policy has been in operation in our school since 1998.

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

This Policy was reviewed in May 2024 and it was decided to continue with the policy as outlined above.

This policy will be reviewed in May 2027

Signed: \_\_\_Tommy Cormican\_\_\_\_\_

Chairman, Board of Management

Cloonakilla National School