

St Malachy's Boys' National School

Healthy Lunch Policy

'Building confidence to realise potential'



As part of the Social, Personal and Health Education (S.P.H.E) programme we encourage the children to become more aware of the need for healthy food in their lunch boxes to improve concentration, energy levels, dental hygiene and their overall general health. This policy aims:

- To promote the personal development and well being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to experience a wide variety of healthy food in a supportive environment.

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre. In our school the children eat twice a day, at small break and at big lunch. Teachers will discuss with their class what pertains to healthy lunches at the beginning and throughout the school year.

The Healthy Lunch Guidelines

What is a healthy lunch?

- It is full of goodness and includes a wide variety of food – fruit and vegetables, starchy foods, protein and dairy
- Contains food with little or no sugar, because too much sugar is bad for your teeth
- Contains no colouring or additives
- Gives us strength and energy
- Makes us fit and healthy
- Helps our brain function to its peak

What should be in a healthy lunch?

- Sandwiches or rolls with healthy filling
- Pitta bread, crackers, popcorn, wraps, bagel, breadsticks, etc.
- Fruit (peeled and chopped for small children)
- Raisins / Seeds
- Vegetables (washed and chopped)
- Pasta
- Salad
- Yoghurt / cheese
- Water/Milk/Diluted sugar-free squash/Fruit juices (unsweetened) in a re-usable plastic bottle/flask (no glass bottles)

What we do not recommend:

- Large amounts of chocolate/sweets
- Fizzy drinks/energy drinks
- Large amounts of cakes, biscuits or pastries

**Note: In the instance of a pupil with a nut or other food allergy in a class, parents will be advised to restrict certain food items.*

**On certain occasions e.g. tuck shop, cake sale, rewards, etc. exceptions to the healthy lunch policy will be made.*