



## Healthy Lunch Policy

### Introduction

St Nicholas Primary School's Healthy Lunch Policy was reviewed by representatives of the school staff in consultation with the Parents Association Committee.

### Rationale

School age is the perfect time for children to learn about healthy food choices, lifestyle choices and the importance of being active. Children of this age learn quickly and can also be influenced by their friends and popular trends.

### Role of the School

The Policy supports, and is also linked to, the following curricular areas:

- SPHE: Taking Care of My Body - Food and Nutrition and Making Choices
- SCIENCE: Myself - Human Life Processes

### Overall Aims

1. To encourage healthy eating and develop nutrition awareness.
2. To raise awareness of how food choices influence dental health.
3. To reinforce strands of SPHE and Science.
4. To help the children understand the link between a healthy diet and a healthy, active lifestyle.
5. To educate children for living and for life.

### Objectives

- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

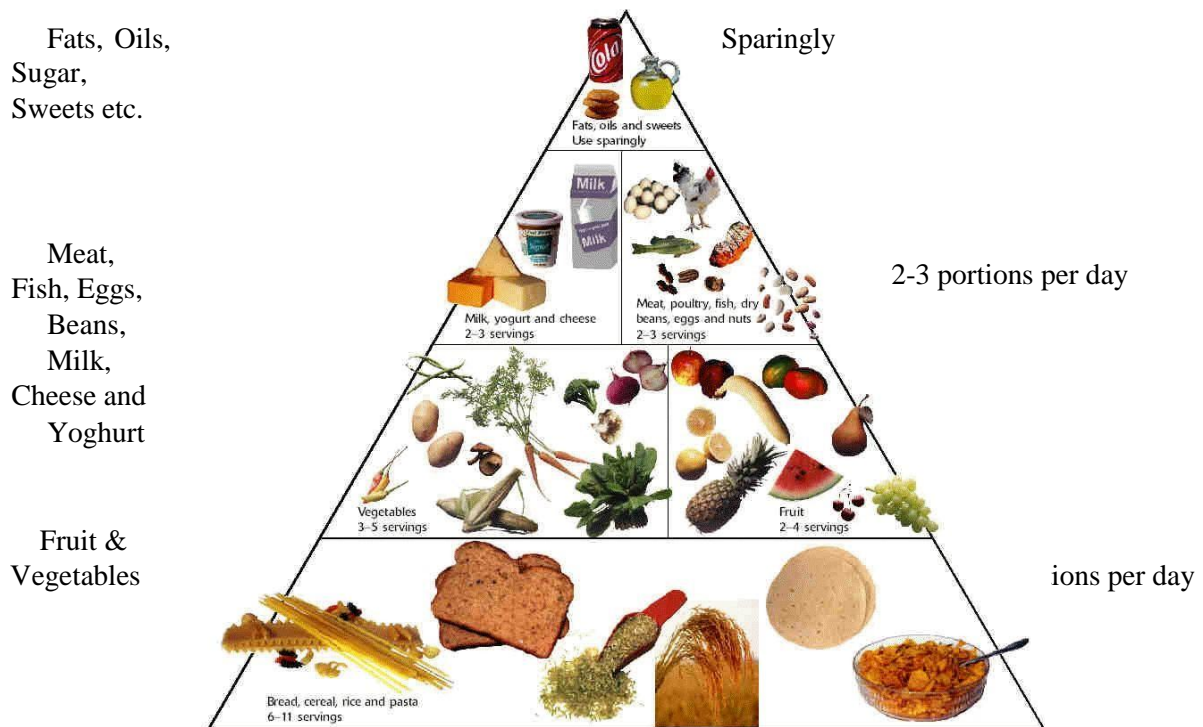
### Content

Children need a wide variety of foods for a well-balanced diet. The amount of physical activity they have in a day will have an important bearing on how much they need to eat. When children are busy and active, snacking is important to keep energy levels high.

Breakfast is also important. It is important to encourage breakfast. A good night's sleep, followed by a healthy breakfast in the morning, helps your child to stay active and greatly aids concentration and learning at school.

In terms of overall nutrition, highly processed, sugary, fatty and salty foods should only make up a very small part of a child's daily diet. To that end, our schools lunch policy encourages healthy food choices, while at the same time, limiting certain less healthy foods.

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



Bread, Cereals,  
Rice and Pasta                      6+ portions per day

**\*\*\*IMPORTANT INFORMATION :**

St. Nicholas' Primary School has a number of pupils with 'Severe Nut Allergy', and as a precaution, all nuts, and any food item which contain nut products, are banned, and not to be eaten in the school building.

This '**Nut Ban**' applies to pupils, staff and visitors.  
For more information, please read 'Nut Advice' link on school website.

**Healthy Lunch Ideas**

The enclosed guidelines from the Health Education Bureau may be of help in providing quick, appetizing, and nutritious lunches for children and this guide will be encouraged in school.

**Bread & Alternatives**

Bread or rolls, preferably wholemeal  
Rice cakes/crackers  
Rice – wholegrain  
(Fillings – meats/coleslaw etc.)

**Fruit/ Vegetables**

Apples, Bananas, Peaches  
Mandarins, Orange segments,

**Treats**

Pasta – wholegrain  
Raisins/dried fruit/cheese  
Home baked confectionery: scones/  
queen cakes etc.

**Drinks**

Water  
Milk

Fruit Salad, Grapes.  
Sweetcorn, Chopped raw vegetables

### **Foods not allowed in school**

#### All nuts and food items containing nut additives

Fizzy/drinks

Sweets

Crisps

Chocolate/Bars

Chewing gum

Popcorn (jun.inf./sen.inf./1<sup>st</sup>)

Biscuits

#### **Please note:**

To assist parents in gauging how much of the lunch is being eaten, left over lunch and unfinished drinks will be brought home in the child's lunchbox.

*All drinks containers are to have caps/lids which, if unfinished, can be closed and put back in lunch boxes.*

*(Drinks with straws are not allowed for reason outlined above.)*

#### **Roles and Responsibilities**

All staff share in the co-ordination and implementation of this policy.

#### **Evaluation**

This policy is monitored on an ongoing basis and will be amended accordingly.

#### **Ratification**

This policy has been sanctioned by the Board of Management of St. Nicholas's Primary School in 2015.