

Our Healthy Lunch Policy

O' Growney National School aims to help all those involved in the school community to develop positive and responsible attitudes to eating and to appreciate the contribution that good food makes to our health. A healthy lunch includes a piece of food from each of the first four shelves of the food pyramid. Nutrition is an incredibly important part of life for school-going children. A third of the day's energy needs should be provided at lunch (calories, vitamins and minerals) without being high in fat, sugar or salt. To support our policy children will receive lessons on healthy eating through the Social, Personal and Health Education (S.P.H.E.) programme during the school year. Parents/Guardians are asked to support our Healthy Lunch Policy when packing their child's lunch.

Why?

Healthy food is important for the following reasons:

- ❖ Food is our only source of energy.
- ❖ Children are growing and developing and need a good diet.
- ❖ Food helps children to work well and improves concentration at school.
- ❖ A balanced diet is important for our children's health.
- ❖ Children who develop good eating habits will have them for life.

Roles and Responsibilities

➤ **Role of the Parent**

- Provide a healthy, well-balanced lunch for their child.
- Encourage healthy eating.
- Inform the school, in writing, of any child's special dietary needs.
- To implement school policy by not allowing their child to bring fizzy drinks, crisps, sweets, chocolate bars, chewing gum, "Fast Food" or other junk food to school.
- To follow the Green-Schools guidelines and reduce packaging and re-use bottles and lunchboxes where possible.

➤ **Role of the Child**

- To eat their lunch.
- To bring home any uneaten lunch.
- To help make their lunches and remind parents of the Healthy Lunch Policy.
- Not to bring fizzy drinks, crisps, sweets, chocolate bars, chewing gum, "Fast Food" or other junk food to school.
- To follow the Green Schools guidelines and keep wrappings to a minimum and to bring home their rubbish and all uneaten food.

➤ **Role of the School**

- To promote and encourage healthy eating.
- To provide a consistent programme of cross-curricular nutrition education.
- If a child brings a "discouraged" food or drink to school, they will not be allowed to eat them while in school.
- To teach lessons advising pupils on diet, lifestyle, fitness etc.
- If a child presents at school without a lunch parents/guardians will be contacted by phone.



The Food Pyramid

The food pyramid shows the different types of food we choose from and helps us to know how much of each food type we need to eat. We need to eat more of the foods at the bottom of the pyramid than we do the foods at the top. By following the recommendations of the food pyramid you can be sure that you are eating a balanced diet.

- The bottom of the pyramid is the biggest part of the pyramid. It contains the foods you should eat lots of.
- The middle of the pyramid contains foods you should eat some, but not too much of.
- The top of the pyramid is the smallest part of the pyramid. It contains foods you can eat once in a while.

A Healthy Lunch Box

A healthy lunch box should ideally contain something from each of the bottom four sections of the Food Pyramid. As per O' Growney National School's *Code of Behaviour and Excellence* the following foods are **not** permitted as part of a child's lunch: **fizzy drinks, crisps, sweets, chocolate bars, chewing gum and "fast food"**.

Some ideas for healthy lunch foods can be found below:

Bread

- ❖ Wholemeal Bread
- ❖ Brown/White Soda Bread
- ❖ Brown/White Bread Rolls
- ❖ Pitta Bread
- ❖ Scones
- ❖ Crackers
- ❖ Rice Cakes



Fillings

- ❖ Chicken
- ❖ Ham
- ❖ Turkey
- ❖ Corned Beef
- ❖ Egg
- ❖ Cheese
- ❖ Tuna



Fruit and Vegetables

- ❖ Orange/Mandarin
- ❖ Apple
- ❖ Banana
- ❖ Strawberries
- ❖ Kiwi
- ❖ Pear
- ❖ Grapes
- ❖ Salad e.g. lettuce, tomato
- ❖ Vegetable sticks



Drink

- ❖ Milk
- ❖ Water
- ❖ Yoghurt drinks
- ❖ Homemade Soup
- ❖ Unsweetened Fruit Juice
- ❖ Sugar Free Squashes

