

HEALTHY EATING POLICY:

In Lisronagh N.S. we see the value of healthy eating as one area of overall healthy lifestyle. We aim to develop a positive and responsible attitude to eating and to appreciate the contribution that good food makes to good health.

Aims of a Healthy Eating Policy:

- ❑ To encourage the children to eat healthy lunches
- ❑ To promote the importance of a balanced diet
- ❑ To develop good eating habits at an early age
- ❑ To eliminate junk food from lunch boxes
- ❑ To eliminate pressure on parents from children who are demanding costly snacks for lunch and breaktime

Bring lunches that:

- ❑ Are high in fibre, low in fat, low in sugar and low in salt
- ❑ Provide a variety of foods from the Food Pyramid (which is discussed in the Senior classes)
- ❑ To not contribute to tooth decay
- ❑ Can be put in lunch-boxes and this helps reduce litter from the school grounds (eliminating over use of tinfoil and plastic bags)

Suggestions for Healthy Lunches:

- ❑ Sandwich, roll, brown bread, crackers
- ❑ Milk, water, fruit juice, soup
- ❑ Scones, plain buns, brack
- ❑ Yoghurt, fromage frais, yoghurt drinks
- ❑ Fruit, vegetables

Foods not Recommended:

- Sweets, bars
- Fizzy drinks
- Crisps, etc.

To help highlight awareness of Healthy School Lunches, the following will be encouraged:

- At the beginning of each school year the teachers and pupils will discuss healthy eating habits
- Attention will be drawn to **Healthy Lunches**,
- Relevant literature will be distributed to the children/parents
- When possible, outside speakers will be invited to speak to teachers, pupils and parents about Healthy School Lunches/Nutrition matters
- This policy will be integrated with subject areas of S.P.H.E., Science, Geography, Visual Arts, Oral Language and any other relevant areas.

Children are asked to take home any left-over lunch, yoghurt cartons, etc. This helps to alleviate the amount of rubbish which accumulates over the week, and gives parents the opportunity to see what is being eaten or not.

Exceptions to the "Healthy Eating Policy" in Lisronagh N.S. occur on special occasions only, e.g. end of term parties.