



Holy Cross School Healthy Lunch Policy

GUIDELINES FOR A HEALTHY LUNCH BOX

Holy Cross School aim, through these guidelines, to help all those involved in our school community, children, parents and staff to develop positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

These are possible suggestions for our guidelines:-

A healthy lunchbox includes a piece of food from the lower four shelves of the food pyramid.

Foods that are not permitted any day:

Crisps, all types of corn snacks and chewing gum.

Some children have a negative reaction to sugar so we need “one rule for all”. All sugary snacks are not permitted e.g. cereal bar, cake, muffins, doughnuts, chocolate croissants, chocolate spread, chocolate based yoghurts, chocolate biscuits.

Fizzy drinks are not permitted. Tooth-friendly drinks should be encouraged - water or milk. Cans or glass bottles are not allowed.

Healthy snacks for small breaks. Fruit, chopped vegetables, salad, yoghurts, cheese/cheese slices/ scones or crackers. Small packets of raisins, sultanas, dried fruit etc. For infant classes, oranges should be peeled and apples chopped.

The following are additional suggestions:-

Fruit Break taken at some time during the morning e.g. 10.00 a.m. when only fruit is eaten. This promotes fruit in the child’s diet.

Lunch waste is brought home in the child’s lunchbox – this saves on waste charges and also identifies for home that the child is eating his/her lunch.

All classes will receive a minimum of two lessons on Healthy Eating during the school year. Food hygiene will be stressed at all times.

Remember – if it’s not healthy, please do not include it in your child’s lunch box.

This policy was last updated on 16/3/2015.

Ratification

Ratified by the Board of Management on 16th March 2015.

Review date March 2018.