**HEALTHY LUNCH GUIDE**

**for**

**DUNHILL NATIONAL SCHOOL**

**Rationale**

As part of the Social, Personal and Health Education (SPHE) Programme, at Dunhill National School we encourage the children to become more aware of the need for healthy food in their lunch boxes. This policy is to encourage children to eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By promoting healthy eating patterns, we educate children for later life. We would like all the children in Dunhill National School to understand that:

* You start the day right with a healthy breakfast
* As so much time is spent at school during the day, it is important to obtain 1/3 of your daily nutrients during school time.
* That healthy food provides many benefits including ;

1. Concentration for school
2. Shiny hair, healthy teeth and clear skin
3. Energy to play and participate in sports.

**Objectives**

* To give consistent messages about food and health.
* To give our pupils the information they need to make healthy choices.
* To promote health awareness and encourage all our children to eat healthily.

**As a helpful guide**:

**The following foods are encouraged for lunches:**

* Fresh fruit
* Fruit juice
* Vegetables
* Wraps
* Rolls
* Sandwiches
* Crackers
* Bread sticks
* Rice cakes
* Bagels
* Pancakes
* Plain biscuits
* Salads
* Yoghurt drinks (Age appropriate parents’ discretion)
* Cheese – cheese strings/triangles/slices etc.
* Milk/water
* Ham
* Egg
* Cheese
* Chicken
* Turkey
* Scones
* Plain/Currant buns

**The following foods are discouraged (except for Friday Treat Day):**

* Winders
* Tortilla Crisps
* Cereal Bars
* Sweets
* Chocolate

**The following foods are not allowed**:

* Crisps
* Pringles
* Gum
* Fizzy drinks
* Energy drinks

**Roles and Responsibilities:**

**Role of Parents**

* Provide a healthy well-balanced lunch for children
* Encourage healthy eating
* Inform the school in writing of any child’s special dietary needs.
* To implement school policy by not allowing their children to bring foods or drinks from the foods from the ‘Not allowed’ list above.

**Role of Children**

* To eat their lunch
* To bring home any uneaten lunch
* To help make their lunches and remind parents of the Healthy Lunch Guide.
* To implement school policy by not bringing foods or drinks from the ‘Not allowed’ list above.

**Role of School**

* To provide a consistent programme of cross-curricular nutrition education.
* To promote and encourage healthy eating.
* To provide adequate time for children to eat their lunch.
* To implement school policy by discouraging children from consuming foods or drinks from the ‘Not allowed’ foods list above.
* Teachers will continue to reward improvements in good work and behaviour with occasional treats. These may sometimes take the form of jellies etc.
* If children present at school without a lunch parents will be contacted by phone.

It has been decided that on Friday, pupils will be allowed bring a treat in their lunch box. However, foods that are not allowed in school will remain so on this day (see list above).

• www.safefood.eu/Healthy-lunchboxes

• www.healthpromotion.ie

• www.littlesteps.eu

• www.indi.ie

• www.irishheart.ie

• www.ndc.ie

• www.bordbia.ie

• www.irishhealth.com

• www.hse.ie

• www.dentist.ie

• www.sphe.ie

• www.walktall.ie

**Implementation:**

This Guide was ratified at the Board of Management Meeting on 10-12-2020 and will apply from the beginning of January 2021