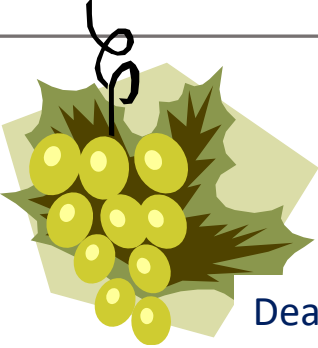
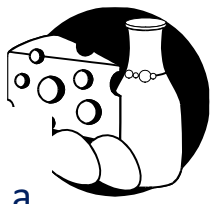
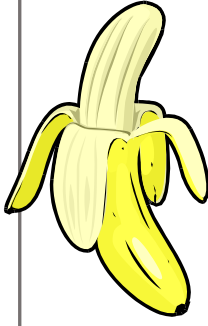




HEALTHY LUNCH POLICY

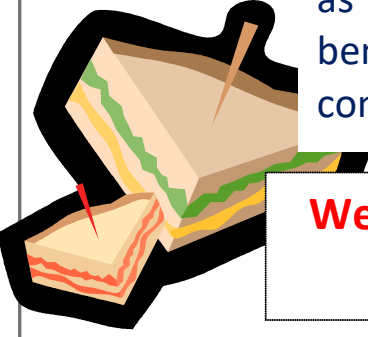


Dear Parents/Guardians



As part of our Health Education, we have a ***“Healthy Lunch Policy”*** in Scoil an Spioraid Naoimh. There may be exceptions to this policy on certain days throughout the year - e.g.; Party day/tour day/Friendly Friday – your child will be informed in advance if such days occur.

We are grateful for your co-operation and support as we implement this policy, which in the long-term benefits the childrens’ attitudes, eating habits, concentration in school and of course their health.



We have a NUT/NUT PRODUCTS BAN due to having a number of children with severe nut allergies

HEALTHY LUNCH POLICY



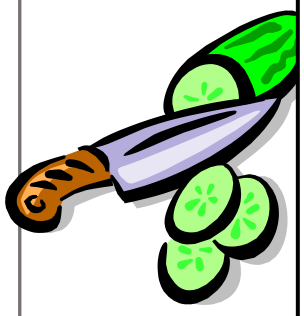
AVOID FOODS HIGH IN SUGAR AND SALT CONTENT!

NO.....sweets, chocolate, buns, bars, cereal bars, cake, biscuits, popcorn, crisps etc., gum, winders, chocolate spread, chocolate/sprinkle yoghurt, nuts

NO.....minerals, cans, glass bottles

RECOMMENDED DRINKS...milk, **water**, soup

HIGHLY RECOMMENDED.....we recommend at least one or two **fruits/raw vegetables** be included daily ☺



Some Lunch Ideas

- VEG - Celery sticks, carrot sticks, cucumber pieces, cherry tomatoes, pepper strips, hummus
 - FRUIT - Fresh fruit, fruit segments, fruit salad, dried fruit
 - DAIRY - Plain yoghurts
 - PROTEIN - Add salad mix, meats, tuna, beans, cheese, egg
 - CARBS – Bread (brown is best), scones, pitta bread, whole-wheat wraps, plain rice cakes, pasta/noodle dish
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