

Scoil Teampall Toinne,
Béal Átha Póirín,
Co. Thiobraid Árann.
Alias
Ballyporeen NS

Healthy Lunch Policy

In Scoil Teampall Toinne we see the value of healthy eating as one area of an overall healthy lifestyle. With this in mind teachers, pupils and parents are encouraged to take on board the following when preparing school lunches.

Aims

To encourage healthy eating habits.

To provide the importance of a balanced diet: (Food Pyramid)

To develop good eating habits at an early age & reduce tooth decay

To eliminate pressure on parents from children demanding only snacks for lunch and break-time

To help reduce litter from school grounds: (Lunchboxes – no tinfoil, plastic bags)

Recommended for Lunches

See attached information brochure for recommended daily lunch box contents, or visit www.safefood.eu

Not Permitted for Lunches

- sweets, chocolate bars
- fizzy drinks
- chewing gum
- crisps

Teachers may on occasion give the children a small treat as reward for hard work and good behaviour.

To help highlight awareness of HEALTHY SCHOOL LUNCHES the following will be encouraged:

Relevant literature will be distributed to children

Teachers will be vigilant and encouraging

Discussions on contents of lunchboxes will take place from time to time

LUNCHBOXES will be encouraged to eliminate use of tinfoil, plastic bags and so reduce litter

Policies/Guidelines will be displayed encouraging Healthy Eating Habits

This Policy will be integrated with other subject areas e.g. SPHE and SESE

When possible speakers will be invited to speak to teachers, pupils and parents about Healthy Eating.

This Policy will be monitored and evaluated as the need arises.

Implementation

This policy was ratified by the Board of Management in March 2016

Signed: _____
(Chairperson of the Board of Management)

(Principal)