

Healthy Lunch Policy

- Children need a healthy lunch, **which may include one small treat on Fridays only**, e.g. two biscuits, a fun-size bar.
- **Lunches must be nut free.** Nut based spreads such as peanut butter or Nutella are not permitted.
- Foods should be brought to school in a re-usable lunch box.
- Drinks should be brought to school in a re-usable plastic bottle or other similar container.
- Children are expected to bring any uneaten lunch home, which should help parents/guardians monitor their eating habits.

Suggestions for a healthy lunch:

- Sandwiches/wraps/crackers/breads with a healthy filling e.g. *salad, meat, cheese, vegetables, spreads*.
- Fruits and vegetables e.g. *apples, bananas, pears, blueberries, mandarin oranges, cherry tomatoes, carrot sticks, cucumber, raisins* etc.
- Yoghurts e.g. *natural yoghurt, fruit yoghurts, plain yoghurts etc.* (if your child can store. open and eat yoghurts carefully and properly).
- Other healthy options e.g. *meat balls, cheese, left over pasta etc.*
- Drinks to be taken with food – *water, juices and milk*. Water is the best choice as it hydrates and does not cause any tooth decay. Water only may be taken during the school day (*outside of lunchtimes*) for the purpose of hydration.

Foods/drinks which are not permitted in school

- Sports drinks and fizzy drinks due to their high sugar content.
- Crisps, lollipops, sweets, chewing gum, large bars and popcorn.
- Cereal bars of any description due to their high sugar content. However, cereal bars may be eaten as a treat on Fridays.
- ‘Frubes’, ‘Yops’ (or other yoghurts in plastic tubes) and yoghurts which have ‘corners’ containing treats such as chocolate etc.