

# St. Aidan's National School

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## HEALTHY SCHOOL LUNCHES

It is the policy of St. Aidan's National School, Clonroche that children will be encouraged to bring healthy lunches to schools.

The reasons for this policy are as follows:

- ❖ To reinforce the SPHE curriculum
- ❖ To ensure lunches are high in fibre, low in fat, low in sugar and low in salt.
- ❖ To provide a variety of foods from the food pyramid.
- ❖ To eat foods that do not contribute to tooth decay
- ❖ To help reduce litter in the school
- ❖ As part of the school's Active Flag initiative.

If a child is not availing of the School lunch scheme and for some reason does not have his/her lunch coming to school the Parent/guardian should ensure that lunch is handed into the **office** for them before 11.00 a.m. (*Please telephone in advance*) **Classes should not be disturbed.**

### SUGGESTIONS FOR HEALTHY LUNCHES

- ◆ Dried fruit (raisins, apricots, cranberries etc.)
- ◆ Sandwich, roll, bread, crackers, oatcakes.  
**Suggested Fillings For Sandwiches:** *meat, egg, salad, cheese, tuna.*
- ◆ Fruit, vegetables (*carrot sticks, peppers, cucumbers etc.*)
- ◆ Water
- ◆ Scones, plain buns (no icing) brack, plain biscuits, digestive, rich tea, marietta)  
***note:*** 2/3 biscuits is sufficient.
- ◆ Yogurt, fromage frais, yogurt drinks.

**NOTE:** If a child is bringing cereal bars in his / her lunchbox please choose a bar that is not covered in chocolate or sweets and low in sugar content.

**As a healthy food guideline please note:**

- High sugar content per 100g = more than 22.5g
- Low sugar content per 100g = 5g or less.
- High salt content per 100g = more than 1.5g
- Low salt content per 100g = 0.3g or less
- High fat content per 100g = more than 17.5g
- Low fat content per 100g = 3g or less.
- High saturated fat content per 100g = more than 5g
- Low saturated fat content per 100g = 1.5g or less

## FOODS NOT RECOMMENDED

- ✗ Nuts (because of choking hazard and risk of allergy. (Peanut butter)
- ✗ Sweets, bars, chocolate.
- ✗ Fizzy drinks, isotonic drinks.
- ✗ Biscuits (*other than those listed above*)
- ✗ Crisps.
- ✗ Chips / spicy wedges / sausages / sausage rolls.
- ✗ Fruit winders

**NOTE:** throat lozenges can only be consumed if a note from a parent is given to the class teacher.

If a child brings in non-recommended foods or drinks they will not be allowed to eat or drink it until after school hours.

**WASTE:** uneaten food should be taken home in the lunch-box so that parents know what their child is eating in school. Plastic, composting and paper products may be recycled through the school. Each student is supplied with a refillable drink bottle as this cuts down on waste in the school. Children who have misplaced their refillable bottle must bring in their own drink in a reusable bottle.

## NOTE

In 2013 St. Aidan's National School was granted funding by the Department of Social Protection to provide each child with a school lunch. In keeping with our policy the lunches provided by FRESHTODAY consist of pasta/sandwich, piece of fruit/biscuit and a drink.

If pupils are bringing extra lunch to school, they must adhere to our policy and are only permitted to bring healthy foods.

Reviewed 21/3/2018  
Reviewed 21/3/2019  
Reviewed 28/3/2020  
Next review March 2021

Review ratified: 26/3/19

\_\_\_\_\_  
Chairperson

\_\_\_\_\_  
Principal

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Date