



Clonroche, Enniscorthy, Co. Wexford Y21PY59
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Principal:
John Ryan

Chairperson:
Brídín Murphy

HEALTHY EATING POLICY

It is the policy of Clonroche National School that children will be encouraged to bring healthy lunches to schools.

If a child brings food or drink to school which is not in keeping with this policy, the food/drink will be sent home.

The reasons for this policy are as follows:

- ❖ To improve the overall oral hygiene of the children in the school
- ❖ 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 and drinks 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.**

HEALTHY LUNCHES INCLUDE:

- ◆ Dried fruit (raisins, apricots, cranberries etc.)
- ◆ Sandwich, roll, bread, crackers, oatcakes.
Suggested Fillings For Sandwiches: *cold meat, egg, salad, cheese, tuna.*
- ◆ Fruit, vegetables (*carrot sticks, peppers, cucumbers, apples, bananas*)
- ◆ Water / Milk
- ◆ Yogurt, fromage frais. (*Limit to **one serving** per day*)
- ◆ Small bag of popcorn (Not share packs)
- ◆ Plain biscuit



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

FOODS NOT ALLOWED IN SCHOOL

- ✗ Nuts (because of choking hazard and risk of allergy. (Peanut butter)
- ✗ Sweets, bars, chocolate, chocolate covered biscuits - including chocolate fillings in croissants, cereal bars and in sandwiches.
- ✗ Fizzy drinks, isotonic drinks, cordial, diluted juice or sweetening additives to water.
- ✗ Biscuits with sugar coatings/chocolate toppings
- ✗ Crisps.
- ✗ Fruit winders
- ✗ Chips/Spicy wedges/ sausages/ sausage rolls / chicken goujon rolls / jambons
- ✗ **Hot deli food**

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

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.

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

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

If a child brings food or drink to school which is not in keeping with this policy, the food/drink will be sent home.

Reviewed October 2025

Chairperson

Date: 14/10/25



Principal

