

# St. James' National School, Ramsgrange

## Lunch Policy

The school has always had an interest in promoting healthy lunches and has on many occasions in the past given guidelines and promotional material to help parents in this regard.

The Board of Management at its meetings has given this issue due consideration, and the Parents Association has invested considerable thought into the matter and has come up with valuable opinions.

Arising from these considerations it was felt that there should be an official, enforced, healthy lunch policy, and that the following benefits would accrue.

- It would mould children in healthy eating habits early in life.
- It would produce beneficial results in terms of children's health, behavior and dental wellbeing.
- It would support parents who might be under some pressure to include unhealthy or harmful foods for lunch.

We feel that items in children's lunches can be categorised as follows.

### **RECOMMENDED**

- Brown bread, white bread, sandwiches, bread rolls and crackers.
- Milk, water, squash drinks of the "no sugar" or "low sugar" type.
- Fruit, vegetables, yogurt, yogurt drinks.

### **ALLOWED**

- Plain/fruit bun, scone or plain biscuit.
- Cereal bar e.g. Alpen, Nutrigrain only.

### **BANNED**

- All kinds of bars including chocolate/sugar type cereal bars, sweets, crisps, popcorn and similar  
(However, we feel Friday should be "Treat Day" and that one item only from this "banned" list may be included with Friday's otherwise healthy lunch.)

### **STRICTLY BANNED**

- Fizzy drinks and chewing gum.

The teaching staff confirmed that they will actively promote the healthy lunch policy and monitor what children have in their lunch-boxes. Children will be encouraged and praised for their efforts.

We are confident that all parents will see the benefits that will derive from this policy. We are however very conscious that we will need the ongoing support and co-operation of parents in the matter.

Lorraine Cooper, (Principal)