



Healthy lunch Policy Camross N.S.

Aims

1. Camross National School, through these guidelines, aims to help all those involved in our school community, children, staff and parents, in developing positive attitudes to eating and healthy living. We wish to promote *'the personal development and well-being of the child and to provide a foundation for healthy living in all its aspects'*. (SPHE Guidelines)
2. To help achieve this, our guidelines will reflect good eating habits. These should be established at an early age, as children have a right to learn about different foods so that they make informed choices throughout their lives.
3. The purpose of making healthy food choices enables the children to attain their optimum growth, development and health potential.
4. Research (Department of Health and Children 2005) has highlighted disturbing trends, including an increase in childhood obesity and diabetes. Therefore our policy and guidelines are both timely and critical for the healthy development of children.
5. Through a whole school approach and within the context of SPHE the children, parents and staff will learn about nutrition, healthy eating and healthy living.
6. Our healthy eating guidelines hope to enable the child to develop an understanding of healthy living, and an ability to implement healthy behaviour, and a willingness to participate in activities that promote and sustain health. This includes physical activity.
7. We feel that parents, children, teachers, school staff, and the BOM should be involved in a collaborative way in the implementation and promotion of our healthy lunch policy.
8. To provide all pupils daily access to a nutritious hot meal under the 'The School Meals (Local Projects) Scheme' This is an administrative scheme, operated directly by the Department of Employment Affairs and Social Protection.
9. Children need to have a healthy diet that provides adequate energy and nutrients and which is balanced and varied in all the Food Pyramid groups. A well-nourished child is a child that is healthier and better equipped to learn and develop at school; therefore the procurement of food in schools needs to assure a healthy diet for children.

Guidelines for our Healthy Lunch Policy

1. A healthy lunch box includes at least one piece of food from the first four shelves of the food pyramid, starting from the bottom.

The following foods do not promote a healthy lunch policy and should be excluded, - Crisps, chewing gum, sweets, bars, lollipops and chocolate.

2. Healthy choices of drink include water, milk and unsweetened natural juice. ***No fizzy drinks allowed. Children should be encouraged to use re-usable containers for safety, environmental and litter reasons. Cans and glass bottles are not permitted.***
3. Some of the healthy options that we encourage for lunches can be seen on the revised healthy food pyramid produced by the HSE in 2016, a copy of which can be found at the following link <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/food-pyramid-images/food-pyramid-simple-version.pdf>



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4. Our Hot Meals providers must adhere to the Healthy Ireland Nutrition Standards for School Meals a copy of which can be found at the following link
<https://www.gov.ie/pdf/?file=https://assets.gov.ie/15978/6ade4b9f4810445e8c6516b3a33d330b.pdf#page=null>
4. All classes will receive lessons on healthy eating during the school year.
5. School staff will provide positive modelling and supportive attitudes to encourage healthy eating.
6. **Due to nut allergies among our school population nuts or products containing nuts such as nut spreads and butters are not allowed.**

Camross N.S. Healthy Lunch Information Sheet

In Camross N.S, in order to promote healthy eating among our pupils we have a healthy lunch policy. A healthy lunch box should ideally contain something from each of the first four shelves of the food pyramid.

<u>Bread/ Cereals</u>	<u>Protein/ sandwich fillings</u>	<u>Fruit & Vegetable</u>	<u>Drinks/ Dairy</u>
Wholemeal/White Bread	Ham/ Bacon/Beef	Orange/ Apple/Banana	Milk
Brown/ White Soda Bread	Chicken	Strawberry/ Raspberry/Blueberry	Water
French Sticks	Turkey	Kiwi/Pear/Peach/ Plum/Nectarine	Yoghurt
Pitta Bread	Corned Beef	Grapes/Pineapple/ Melon	Unsweetened Fruit Juice
Scones/Homemade buns	Egg & Onion/ Salad	Salad e.g Lettuce, Tomato, coleslaw, cucumber.	Sugar Free squashes
Crackers/Popcorn	Cheese/Jam/Butter	Vegetable Sticks/Raw Vegetables	Diluted Drinks
Crisp bread/ Rice Cakes	Tuna/ Sardines/ Salmon	Dried fruit - raisins/sultanas/banana	

This policy was originally ratified and adopted by the Board of Management in March 2008.

The policy was updated and ratified by the board on the 20th of November 2013

This policy was reviewed in September 2020

This policy was reviewed and updated in November 2024

Signed: David Brickley Chairperson

Signed: Salitha Horan Principal