

# Healthy Lunches

In an effort to promote healthy eating habits, we have implemented a 'Fruit / Yoghurt' break at 10.30 am each school day.

This suggestion has the full backing of the Parents Association, Board of Management & Staff and will only work if every child in the school sticks to the following guidelines:

Children will be allowed to have a small snack at first break (10.30 am) provided it consists of one or more of the following items:

- A piece of fruit (e.g. Apple, easily-peeled orange / mandarin, grapes, banana etc.)
- A piece of vegetable (e.g. Raw carrot, celery, etc.).
- A yoghurt or similar (e.g. Petit filous, Danone etc.) with own spoon.

Children should not eat biscuits, bars etc. at this break.

Children should bring a sandwich or crackers etc for their main lunch break at 12.15 pm and may also have a drink (not fizzy), and a biscuit or small bar with their lunch. Milk is available from the school if you so desire. We would like to remind everyone that all kinds of crisps, popcorn & gum are strictly prohibited in the school and would encourage you to limit the amount of sweet items in your child's lunch. **Nuts and nut products (including Nutella and other hazelnut chocolate spreads) are also strictly forbidden as we have a significant number of children who are severely allergic to these products. This condition is potentially life-threatening and we urge parents to ensure that nut based products are not brought into the school building under any circumstances.**

Children should not share lunches with each other

This policy is not intended to make lunch time a boring, anxious time but rather to promote the very necessary intake of fruit / vegetables etc. by our children. With a little imagination and your co-operation we hope to make this venture a happy and satisfying one for everyone.

## **Remember:**

- **Every child needs to abide by these guidelines in order for them to work. It would not be fair on the majority of a class if even one or two children ignored this rule.**