



Aim:

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life. Many of the choices made for children today will influence their health and encourage personal responsibility for making wise food choices in the future. Healthy eating commences daily with a well-balanced breakfast which helps improve concentration and behaviour.

Objectives:

- To have a clear concise healthy lunch policy for the school community.
- To encourage children to become more aware of the need for healthy food in their lunch boxes and to appreciate the importance of good nutrition.

Roles and Responsibilities:

Role of Parents:

- To support the school policy by encouraging healthy eating and by providing lunch that adheres to the policy.
- To inform the school of any special dietary needs and/or food allergies their child may have.

Role of Children:

- To be involved in the preparation of their lunch and in the food choices.
- To bring home any uneaten lunch.

Role of School:

- To promote and encourage healthy eating.
- To enforce the policy consistently throughout the school.
- If children bring items not allowed under the Healthy Eating Policy they will not be allowed to eat them while in school.

Implementation:

- The most current copy of The Healthy Food Pyramid and The Golden Rules will be on display in every classroom.
- Teachers can give children a sweet treat on occasion as a reward or treat for their class. Ideally at the end of term or other special occasions.
- Initiatives to promote healthy food choices will be carried out during the school year with the cooperation of the parent body.
- This policy will be reviewed every two years with the whole school community.

The Golden Rules:



- We are a nut free school – This includes Nutella, peanut butter and other chocolate spreads.
- No fizzy or isotonic drinks, crisps, sweets, chewing gum or chocolate (including chocolate coated biscuits) and cereal bars (including Nature Valley and Belvita).
- Water is the recommended drink and should be in a non-spill container.
- No hot deli food is allowed. Due to Food Safety regulations, all such foods must be consumed within 90 minutes of preparation, which is not possible in the school day.
- 2 Plain biscuits are allowed per day.

Recommended sandwich fillers:

- Plain (not breaded) cooked meats: eg cooked ham, plain chicken etc.
- Salads
- Tuna (very low in fat)
- Fruit spreads, relishes etc (natural sugars and low in fat)
- Use butters and mayonnaise sparingly
- Cheese
- **Sandwich fillers which are NOT allowed in school:**
- Hot deli foods
- Breaded meats (popcorn chicken, chicken fillets, etc)

Rationale for the Golden Rules

CALORIES

There is a lot of talk in the media about calories and how to maintain a healthy weight. Put simply, if you eat more calories than you burn, you will put on weight. A child **aged 5-12 will burn between 1200 and**

1800 calories per day, depending on the size of the child and the amount of activity they partake in.

If a child has a decent size breakfast and will be eating an evening meal, there is no need to give the child a large amount of food for the school day. A piece of fruit and some sliced veg with a sandwich and a small yoghurt is plenty.

No child should be eating full-size rolls. **There are approx 650 calories in the roll alone**, so when you add in butter or mayonnaise and filling, this will mean that the child's entire calorie count will be gone in one meal.

Hot deli foods are extremely high in calories. Most are pre-fried so even if they are 'baked' in the oven in the shop, they have already been soaked in fat. **A typical medium-sized roll with a portion of popcorn chicken will contain approx 750 calories – around the same as 1½ Big Macs.**

VITAMINS AND MINERALS

Just because a child is a healthy weight, doesn't mean that they are getting enough vitamins and minerals. In fact, most super-obese people are in fact malnourished because although they eat more than enough calories, they are eating bad foods without any nourishment. It is really important that children get used to **eating fruit and vegetables** so they will develop the habit for the rest of their lives.