Scoil Naisiúnta Tulach Ruadháin.

Healthy Lunch Policy.

Rationale:

In order to promote healthy eating, the Board of Management has decided to adopt a Healthy Lunch Policy. The goal of this policy is to encourage the children to eat healthy foods in school and to promote good eating habits for life.

Figures released by the World Health Organisation show that obesity will be a huge problem in Ireland in the next decade. Therefore, it is very important that we, as teachers and parents, educate and encourage our children to make healthy choices. Many lunches today contain foods that are disguised as healthy foods, but are very high in sugars and fats. We in Scoil Ruadháin are participating in the Health Promoting School Programme where we encourage our children to exercise and eat healthily.

Children form their eating habits for life from an early age. Positive eating habits, started in childhood, will increase your child`s chances of a healthy life.

This policy can work only with the full co-operation of parents.

IT IS ESSENTIAL THAT ALL PARENTS SUPPORT US IN THE IMPLEMENTATION OF THIS POLICY, IN THE INTERESTS OF OUR CHILDREN'S HEALTH.

Please note the recommendations of the health authorities on what is and is not acceptable.

Make a good choice!

Acceptable.	Not Acceptable.
Sandwiches, rolls, bread, crackers, wraps, bagels, pasta, rice	Fizzy drinks in a can or bottle, drinks with a high sugar content
Fruit (including raisins), vegetables	Crisps of any type, rice cakes
Milk, water, soup, fruit juice.	Bars of chocolate, chocolate spreads
Plain popcorn	Sweets, toffee, cereal bars, winders, anything with a high sugar content
Yogurt, fromage frais, yogurt drinks, smoothies, Cheese	Cakes, biscuits, buns etc.

Reviewed Oct. 2023.