

# Healthy Lunch Policy

In line with our aim of promoting health in our school, we have developed a healthy school lunch policy.

## ***Our Goal***

The goal of this healthy school lunch policy is to encourage children to have lunches which are:

- High in fibre
- Low in sugar
- Low in salt
- Low in unhealthy additives

## ***Regular choices***

For healthier school lunches choose the following foods regularly:

- Cheese and fruit yoghurt
- Fish, chicken, lean meat or egg sandwiches
- Fresh fruit and vegetables e.g.: chopped carrots, tomatoes, cucumber
- Wholegrain bread

We recommend that children have one portion of each of the above.

## ***Treat foods***

We recommend that parents offer children foods such as fresh fruit, nutritious yoghurts, in preference to bars which we recommend are limited to Fridays. If chocolate bars are given on any other day of the week, they will be taken away and given back at the end of the day.

The following should be excluded from lunches: crisps, popcorn, sugary drinks and juices, energy drinks, biscuits and sweets. These will be confiscated.

Nutella sandwiches on their own do not constitute a healthy lunch.

Specific dietary conditions should be discussed with class teacher so that provisions can be made to cater for individual needs.

We would greatly appreciate your co-operation in implementing this policy.

*Reviewed March 2013.*