

St Kilian's Junior School

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Roll Number: 19556F

Registered Charity Number: 20120054

Principal: **Kate Sweeney M.Ed.**

Deputy Principal: **Noreen Coll B.Ed.**

Healthy Lunch Box Policy

In St. Kilian's Junior School, as part of our S.P.H.E. programme, we have a lunch-box policy in operation for many years. Fizzy drinks and crisps etc. are banned and we encourage the children to bring healthy foods and drinks for lunch. Our lunch box policy is subject to regular review.

Healthy eating habits started in childhood, stay with children and increase their chances of a healthier life. Bearing in mind all the recent findings regarding the excessive sugar, salt and fat content in so many of the foods that are targeted at children, we are broadening the list of items no longer encouraged in school. The list includes sweetened juices and waters, fizzy drinks, crisps, snax and other potato products, lunchables, stackem's and other processed products of that nature, fruit winders, cereal bars, chocolate rice cakes, chocolate, sweets and chewing gum. These items can be saved as a treat at home. Cheese strings are allowed. The children may bring one fun-sized biscuit/chocolate bar on a Friday.

We have participated in the "Food Dudes" Programme in the past. All children are encouraged to include both fruit and vegetables as part of their daily lunch.

As part of our policy, any left-over lunches are sent home, so parents are aware of the amount of lunch consumed. Please choose and label a lunch box and beaker that can be easily opened and closed.

There are very informative booklets from the Health Promotion Unit which will help to give you and your child some good ideas if you need them. See www.healthpromotion.ie. Stick your leaflet on a cupboard door or pin it to your notice board so you and your child have something to refer back to.

Hopefully, by taking these small steps we are all giving our pupils in St. Kilian's their best chance of becoming healthier adults.

Eat healthily, Stay healthy



