



## Polasaí i leith Bia Folláin ar Scoil

All children must bring a small lunch/snack for the small break. The Lunch Bag company provides a hot lunch for 'lón mór' and all children can avail of this free lunch since April 2024. Children are given adequate time to finish their lunches.

All children should have a lunch box to cut down on unnecessary packaging and all leftovers and any rubbish is taken home by all children daily.

WE ENCOURAGE HEALTHY LUNCHES ON A DAILY BASIS therefore junk food, such as crisps, chewing gum, fizzy drinks, fruit winders, sweets, lollies, chocolate bars and biscuits etc. are not allowed and will be sent home in lunch boxes. Children with special dietary needs are exempted on the provision of an explanatory note from your G.P. Exemptions to this are end of year parties, Halloween, Christmas, Easter and Summer Holidays and school tours. We ask that you do not send in any cakes/buns or treats on your child's birthday. Sweets and treats are not allowed anymore by school staff as rewards for children in their classes, except for the above-mentioned special times of the year.

It is important for parents to realise that cereal bars are often laced with sugar and are being advertised as being full of vitamins, calcium etc. We would therefore advise against the children having these in school.

Please consider items such as rice cakes with a suitable spread instead.

Yoghurt drinks/and yoghurts are allowed for children in all classes. Yogurt products with chocolate drops, sweets, honeycomb mixes etc. are quite unhealthy and should be best avoided.

Children must be able to open these products by themselves and they must have their own spoon.

Glass bottles and cans are not allowed, due to the safety aspect.

Lunch boxes and drinks containers must be labelled with your child's name.

Make certain that your child can operate his/her lunch box and drink container. If your child has a carton of juice etc., please make certain that there is a straw attached.



## SUGGESTIONS FOR HEALTHY LUNCHES

The following are ideas for healthy lunches. We've also included a few tips, which over the years have served to make lunchtimes run more smoothly for all.

The children are encouraged to have something filling (such as a sandwich) as part of their lunch. Small pieces of fruit are also encouraged, as is a non-fizzy drink.

Regarding naíonáin (infants) it is very helpful if sandwiches are cut into small, manageable portions e.g. finger-size, and if fruit is peeled. Food of a messy nature really does cause problems, so please avoid this! Please do not include items of food that the children can't eat with ease without relying on assistance.

### Sandwiches breads and similar .....

sandwich - ham / ham and cheese / chicken / salad / tuna & coleslaw / ham & cucumber / celery & grated carrot / other combinations of filling! croissant /brown bread with cheese / salami / ham or other topping roll / bap / pitta bread with e.g. grated cheese sausage roll /banana bread /rice cakes /crackers & cheeses /bread sticks scones - cherry, plain, brown, fruit, bran / brack / fruit cake cold pancakes /slice of cold quiche pizza slice /slice of cold Spanish omelette

Little tub -(easily opened but leak-proof!) of potato salad /pasta salad /fruit salad /pasta salad with tuna / sweetcorn

**Fruit** to be encouraged - emphasis on small, easily managed portions. The children themselves as part of our health promoting schools programme have advised that children could have 2 portions of fruit. apple - half or quarter for smaller children orange - peeled and sectioned for smaller children pear / grapes / banana / mandarin / kiwi, dried fruit e.g. apricots or raisins carrot sticks /celery / carrot sticks with dip

**Cheese** cubes of cheese / Dairy Lea Lunchables /Cheese strings /cheese slice .Please note that plain cheese slices and cubes are more nutritious.

### Drinks

Milk, this can be ordered through the school in September from Lee Strand ,Tralee. Please note that fruit juices are better than fruit drinks with water being the best of all, why not have a sports bottle and refill every day.

### Nut and Egg allergies



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There are children with severe nut and egg allergies in our school at present and we ask parents not to send in any nuts or nut products with their children. There is a complete ban on all of these nut related products in our school.

### **Popcorn**

- Please teach your child how to open the bag correctly
- Small bags of popcorn only as sometimes with the bigger bags the children cannot finish and most of it ends up on the floor or schoolyard.
- If your child brings popcorn, please remind him / her to put the packaging in the bin or bring it home when finished.

We hope you find these ideas are helpful - of course, likes, dislikes and dietary requirements vary from child to child, and you will know yourself how to strike the balance.

The policy will be included on the school website for all families.