

HEALTHY SCHOOL LUNCHESES

Presentation Primary School
Parnell Street
Kilkenny

At the Presentation Primary School we see the value of healthy eating as one area of an overall healthy lifestyle. With this in mind teachers, pupils and parents are encouraged to take on board some of the following points when preparing school lunches.

Bring lunches that:

- are high in fibre, low in fat, low in sugar and low in salt.
- provide a variety of foods from the Food Pyramid.
- do not contribute to tooth decay
- help reduce litter from the school grounds.

Suggestions for HEALTHY LUNCHESES:

- . sandwich, roll, bread, crackers.
- . milk, water, fruit juice.
- . scones, plain buns, brack.
- . yogurt, fromage frais, yogurt drinks.
- . fruit, vegetables.

Food not recommended:

- sweets, bars
- fizzy drinks
- crisps

To help highlight awareness of **HEALTHY SCHOOL LUNCHESES** the following will be encouraged:

- * at the beginning of each school term teachers and pupils will discuss healthy eating habits.
- * Attention will be drawn to **HEALTHY LUNCHESES**
- * Parents will get reminders of the policy in the school newsletter.
- * Suggestions will be posted on school website.
- * Participation on Healthy Eating Week and other related activities will be encouraged.
- * Guidelines will be displayed throughout the school and referred to by teachers.
- * Relevant literature will be distributed to the children.
- * When possible speakers will be invited to speak to teachers, pupils and parents about **HEALTHY SCHOOL LUNCHESES**.