

PRIMROSE HILL NATIONAL SCHOOL

HEALTHY LUNCH POLICY

The food we eat can have a major effect on our health, physical well-being and ability to learn. Proper and adequate nutrition is linked to good educational outcomes and health throughout life.

Aims

1. To support the teaching of SPHE
2. To increase the pupil's knowledge of food and nutrition
3. To support parents in their efforts to provide healthy lunches for their children
4. To encourage the children to make healthy choices regarding the food they are bringing for lunch or buying to consume at school.
5. To encourage healthy eating for lifelong health and wellbeing.
6. To protect our children's teeth and gums.
7. To reduce the number of artificial additives consumed by our children – some of which can affect concentration.
8. To support our Green School by encouraging food with no excessive packaging.

Guidelines

Aim for a varied lunch box, covering the major food groups.

Savoury:	✓ sandwiches	✓ croissants	✓ cheese
	✓ rolls	✓ sausage rolls	✓ fresh fruit & vegetables
	✓ pitta bread	✓ pizza	✓ hummus
	✓ brown bread	✓ pancakes	✓ quiche
	✓ wraps	✓ popcorn – plain	✓ salads
	✓ bread sticks	✓ rice cakes (plain)	
	✓ vegetable sticks e.g. carrot & cucumber		
Sweet:	✓ yoghurts	✓ variety of fruit – fresh / dried	
	✓ cereal bars (not containing nuts or chocolate)		
Drinks:	✓ milk	✓ water (not carbonated)	
	✓ water and diluted with sugar-free fruit squash		

Please remember

- To encourage small, easily-managed portions.
- To use easily opened but leak-proof tubs for salads/fruit.
- **No** crisps or similar products.
- Put popcorn in a tub **not** in a bag.
- No fruit roll-ups.
- No sugary, fizzy drinks.
- No sweets or bars (keep for treat day)
- No cake
- No Petit Filous, Frubes, or similar (messy, very high sugar content).
- No nuts or nut based products (e.g. Nutella, peanut butter) as other children may be allergic.

- Wednesday is treat day – one reasonable treat per child on a Wednesday. Example of reasonable treat is fun size / treat size bar, a biscuit or fun size/mini size jelly bag.

Packaging

We cannot help all children to open and close their lunches safely and cleanly, so please pack accordingly. Try not to buy individually packaged items (to minimise waste). All packaging/lunch rubbish goes home apart from items for composting. We hope you find this policy helpful. Of course, likes, dislikes and dietary requirements vary from child to child and you, as parents, will know how to strike a balance.

Remember, your child is eating their lunch in front of others, so please be respectful of our Healthy Eating Policy.

Signed

Signed

Chairperson, Board of Management

School Principal

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