



Healthy Living

Healthy Lunch Policy



ES Mol

This Policy has been developed by the Care Team (Primary) of ES Mol.

Aims

- ✓ To encourage our children to consume healthy foods and drinks at school which will assist them in developing a positive, life-long attitude towards healthy eating.
- ✓ To promote the personal development and the overall sense of well-being of all children.
- ✓ To teach the importance of good nutrition and the importance of staying healthy.
- ✓ To promote some personal responsibility for food choices.
- ✓ To encourage recycling and the reduction of waste.

Drinks

Children may drink **WATER** in school. This must be provided from home in a reusable/ resealable container which may be re-filled in school.

Snacks

Morning snack, Monday to Friday, must be **FRUIT** and **VEGETABLES**.

On Wednesday and Friday, pupils may bring something additional to eat such as some extra fruit, cheese, crackers, a small sandwich etc.

Snacks in the afternoons may also be fruit and vegetables. We also suggest the following:

- ✓ Crackers
- ✓ Cheese
- ✓ Bread
- ✓ Yogurt
- ✓ Plain biscuits
- ✓ Sandwich
- ✓ Plain cake or muffin
- ✓ Milk

Lunches

Lunch brought from home may be something to re-heat in one of the canteen microwaves.

Please note that it is not possible to do this for Nursery pupils.

We also suggest the following:

- ✓ Salads
- ✓ Sandwiches, wraps, rolls filled with meat, fish and/or vegetables
- ✓ Cold pasta/rice dishes
- ✓ Yogurt
- ✓ Crackers
- ✓ Dips
- ✓ Nuts
- ✓ Eggs
- ✓ Cheese
- ✓ Fruit and Vegetables
- ✓ Plain biscuits and cakes

Please avoid

- ☹ Chocolate and sweets
- ☹ Chips/ crisps
- ☹ High-salt foods
- ☹ High-sugar foods
- ☹ Highly-processed foods
- ☹ Sweetened drinks
- ☹ Iced cakes and biscuits
- ☹ Chocolate spread

Packaging

To promote environmental awareness and to reduce waste, we require lunches to be brought in labelled lunch boxes with minimum wrapping (tin foil, plastic wrap etc.). Drinks to be brought in resealable/ reusable containers.

Birthday Treats

To celebrate birthdays in school, pupils may bring **one** small treat for each pupil in the class. This needs to be individually portioned. Party bags filled with sweets and chocolate will not be distributed and will be returned to parents.