



*St. Helen's S.N.S.
Portmarnock*

A large, faint, light-grey watermark of an open book is centered in the background. The pages of the book contain faint, illegible text, including the words 'Aoihinn', 'beach', 'on', and 'Scaldire'.

Healthy Lunch Guidelines

Ratified by Board of Management

St. Helen's S.N.S.

Healthy Lunch Guidelines

Introduction

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. The traditional lunch of milk and sandwiches is under attack from a range of convenience foods e.g. crisps, sweets, chocolate and soft drinks. These guidelines underline our concern at this trend and our wish to provide clear guidelines in relation to healthy lunches.

Aims:

- To promote a culture of healthy eating
- To raise awareness of the importance of a balanced, healthy lunch
- To encourage our pupils to make wise choices
- To raise levels of concentration
- To ensure continuity between St. Helen's Junior and Senior schools

Guidelines

Pupils are encouraged to bring healthy lunches to school. A healthy lunch should include two servings from the bottom shelf of the food pyramid and one serving from the next three shelves. (Appendix 1)

Fluid intake is very important and pupils are encouraged to drink water, milk or unsweetened fruit juices. Drinking water is available in school

We actively discourage food from the top shelf of the food pyramid
We also actively discourage nuts as a number of our pupils are allergic to them.

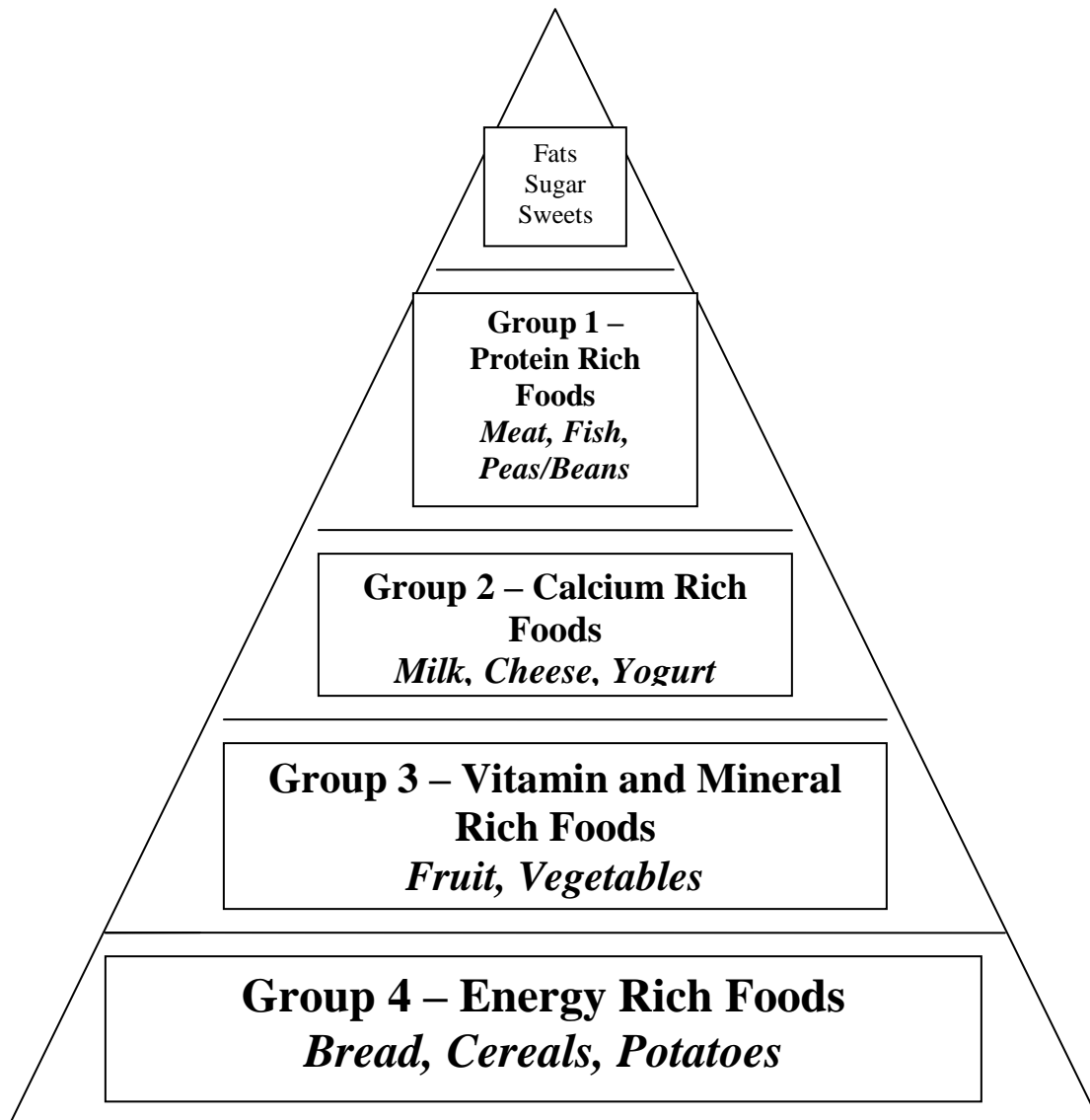
Foods not allowed in school are: – fizzy drinks, chewing gum, crisps,

St. Helen's is a Green School and therefore we encourage our pupils to have a lunch box with a minimum amount of wrapping on their food.

For safety reasons glass containers are not allowed.

These guidelines are supported by ideas for healthy lunch boxes (Appendix 2)

Appendix 1 The Food Pyramid



Foods are grouped together depending on their nutrient make-up e.g. milk, cheese and yogurt are rich in calcium and so form one food group.

Aim to eat more of the foods at the bottom of the food pyramid and less of the foods at the top.

A good rule of thumb is to have one food from each of the four main food groups in your lunch box.

Appendix 2 Lunch Box Ideas

Suggested sandwich fillings:

- Cheese salad
- Egg and onion
- Ham salad
- Tuna and sweetcorn
- Chicken salad
- Sardines

Bread and alternatives:

- Bread/rolls – preferably wholemeal
- Pitta bread
- Wraps
- Rice – wholegrain
- Pasta – wholegrain
- Wholemeal scones
- Quiche
- Pizza

Fruit and vegetables:

- Mandarin orange
- Grape
- Banana
- Cucumber
- Celery sticks
- Carrot
- Apple
- Plum
- Fruit salad
- Dried fruits

- ❖ Your favourite sandwich, milk or yogurt, together with some fresh fruit makes a nourishing lunchtime meal.
- ❖ A flask of soup, cocoa or hot chocolate is ideal to warm you up on a wintry day.
- ❖ Always combine salad vegetables with cheese, meat, chicken, fish or eggs to ensure you are getting a good balance of nutrients.
- ❖ Try to use wholemeal bread or rolls