**Scoil Chrónáin**

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**Healthy lunch policy for Scoil Chrónáin**

Rationale for policy:

In recent years there has been much concern expressed regarding children’s health and childhood obesity. Parents are more aware of issues surrounding the environment and health. The parents, teachers and Board of Management have formulated this policy in the best interest of all our children.

Aims:

In Scoil Chrónáin we have a healthy lunch policy. We recognise that the single most important item in a child’s lunch box is a drink. We strongly recommend water (from the tap) It represents the healthiest option.

Children eat small amounts of food. Parents and children alike can suffer frustration when the lunch provided is not eaten. Children in our school should be able to make their own lunch. Children bring home all uneaten food and wrappings.

A healthy lunch may include some the following food items:

Water, milk, breads (wholemeal, pita, wraps), sandwiches, fresh fruit, cheese, meat, raw vegetables and yoghurts.

Children may not have fizzy drinks, biscuits, fruit shoots, bars, chocolate spread, crisps, popcorn, deserts or food treats for a school lunch.

We are aware that some children have allergies. If a child has dietary requirements parents are required to report this in writing to the school at the beginning of the school year.

On special occasions, agreed by the teacher, treats may be brought.