

# **HEALTHY LUNCH BOX POLICY**

March 2017

Healthy eating habits, begun in childhood, influence children's chances of a healthier life. To encourage healthy eating habits from an early age and to improve the overall nutrition of our pupils, it is our policy to promote and implement a "Healthy Lunch Box Policy" in our school.

At present, many parents have already implemented such a policy within their own families, and we encourage the continuation of this.

## **AIMS:**

- To develop awareness in pupils that eating habits formed in childhood, can influence their health and well being throughout their lives.
- To facilitate improved concentration and learning.
- To improve the current eating habits of the children.
- To influence positively the future eating habits of the children.
- To develop awareness of the risk of tooth decay in regard to some foods.

## **IMPLEMENTATION:**

- Formal learning: At the beginning of the school year as part of S.P.H.E. every 3<sup>rd</sup> class will learn about the "food pyramid" and the adoption of a balanced diet. This topic will be revised in 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> classes..
- Healthy lunches will be encouraged informally during lunchtime. Teachers will check that the policy is followed. School / Class rewards will try to move away from food based rewards where possible.
- A Healthy lunchbox should include food from each of the four bottom shelves of the food pyramid – see attached leaflet
- Standard / non dessert type yoghurts are allowed.
- Fresh fruit and veg are encouraged.
- Milk and plain water are the preferred drinks (drinking water is available in each classroom).
- **Small** (approx. 200/250ml) cartons of fruit juice / flavoured water (non-fizzy) . are only allowed at lunch-time , not throughout the day
- The following items are **not** allowed:
  - a) Crisps and crisp-type snacks - including popcorn.
  - b) Chewing gum.
  - c) Fizzy drinks in cartons, bottles or cans. Energy / Sports drinks
  - d) Chocolate bars, sweets , lolly-pops , biscuits and cereal bars
  - e) Chocolate spread ( Friday treat only)
- On Fridays, a small fun-size bar / 1 or 2 biscuits or small plain bun may be included as a treat. Fun-size bars only , any large bars / bags of sweets etc. will be confiscated.

# The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day



Maximum once or twice a week

Fats, spreads and oils



in very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 servings a day

Milk, yogurt and cheese



3 servings a day  
5 for children age 9-12 and teenagers age 13-16

Wholemeal cereals and breads, potatoes, pasta and rice



3-5\* servings a day  
Up to 7\* for teenagers boys and men age 16-55

Vegetables, salad and fruit



5-7 servings a day

Needed for good health. Enjoy a variety every day.

\* Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Pre-teen (13-18)	Adult (19-49)	Inactive	Teenager (10-18)	Adult (19-49)	Adult (50+)
↑	3-4	4	4-5	3-4	3	3-4	3
↓	3-5	5-7	5-7	4-5	4-5	4-6	4

There is no guideline for a sedentary lifestyle as it is essential that all children are active.



Drink at least 8 cups of fluid a day – water is best



Get Active!  
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week for 150 minutes a week; children need to be active at a moderate to vigorous level for at least 60 minutes every day.