**St Canice’s Co-Ed Primary School**

**Granges Road, Kilkenny.**

**Healthy Lunch Policy**

**Rationale**

Much of the recent focus on children’s health has been in the areas of nutrition, exercise and rising levels of obesity. It is therefore only right that the school promotes a healthy eating policy that will enable children to participate fully in the school day. By raising nutrition awareness amongst our children we are providing them with a basis to make informed choices about their health into the future.

The following policy document, prepared by teachers and children, in collaboration with parents, has been shared with the school community via Aladdin and the school website and has been ratified by the Boards of Management.

**Aim**

The aim of our Healthy Lunch Policy is to promote a culture of healthy eating within the school community. The policy is intended to be the school norm.

This aim will be achieved through the co-operation of all interested parties....

**Roles and Responsibilities:**

**Role of School:**

* To promote and encourage healthy eating by incorporating the healthy eating message into the school day through both formal and informal lessons.
* To provide clear guidance in relation to suitable school lunches/snacks;
* Ideas for healthy lunches will be discussed and shared among children.
* As part of the Social Personal and Health Education curriculum, reasons for healthy eating will be discussed with the children regularly by staff.
* *The Healthy Food Pyramid* will be displayed on the whiteboard from time to time and referred to as part of the S.P.H.E. curriculum
* The Principal and class teachers will occasionally carry out spot checks and praise children who have brought in a healthy lunch. Whilst implementing the Healthy Lunch Policy, teachers will use a common sense approach to any particular dietary issues or needs.
* A healthy - eating promotion week will be held in January.
* The “Healthy Eating” message will be communicated to parents via the school’s website and Aladdin.
* The school will endeavour to participate in initiatives, where the central message is the promotion of healthy eating e.g. “Food Dudes”.
* The School Garden will be used to support our commitment to a healthy eating culture within the school and to promote awareness of the importance of healthy eating.
* To ensure that treats as a reward are used sparingly.

**Role of Parents:**

* To provide a healthy well-balanced lunch for children (See **Appendix 1** for ideas)
* To encourage healthy eating
* To inform the school if their child has special dietary needs
* To use refillable containers for drinks rather than using single-use plastic bottles.
* To endeavour to replace cling film/ plastic sandwich bags/tinfoil with greaseproof paper/parchment paper/beeswax/reusable lunchbox or any sustainable product
* To cooperate with the implementation of school policy by not allowing children to bring chewing gum, crisps, biscuits, popcorn, fizzy drinks, chocolate/chocolate coated bars/buns or sweets to school
* To ensure that only “healthy” home-baking is included in the lunchbox.
* In line with our healthy eating policy, the school asks that the practice of stopping for treats when returning pupils to the school after a school event, would be discontinued.

**Role of Children:**

* To eat their lunch
* To bring home any uneaten lunch
* To help make their lunches and remind their parents of our “Healthy Lunch Policy”
* To refrain from bringing chewing gum, crisps, popcorn, fizzy drinks, chocolate/chocolate coated bars/buns or sweets to school
* To respect diversity of taste and to accept without negative comment, when other children bring food in their lunchbox, that may not be to their liking.

**Implementation:**

This document was reviewed and ratified by the Board of Management at a meeting held on June 16th 2022. It will be further reviewed as the need arises.

Signed on behalf of the Board of Management:

Chairman: \_ Date:16/06/2022

Principal:  Date: 16/06/2022

**Lunchbox Ideas**

Include 1 portion of fruit, 1 portion of veg, some protein and wholegrains plus water to drink

|  |  |  |  |
| --- | --- | --- | --- |
| **FRUIT** | **VEGETABLE** | **MAIN SNACK – WHOLEGRAIN OR RYE BREAD / WRAP / PITTA / BAGEL****WITH** **PROTEIN (Listed below)** | **ADD ON** |
| Apple / Pear | Mangetout | Hardboiled egg with mayonnaise\* | Oatcakes and pesto / mango dip |
| Plum | Carrot sticks | Cheddar and tomato / brie and grapes | Sesame sticks |
| Banana | Celery sticks | Chicken & sweetcorn in mayonnaise\* | Rice cakes with peanut butter (if permitted) or cheese |
| Grapes | Sliced pepper | Tuna with sweetcorn and diced pepper and mayonnaise\* | Chunks of cheese |
| Berries  | Sugarsnap peas | Tinned salmon (or smoked) with cucumber and mayonnaise | Wholegrain crackers with ***pea & mint spread*** |
| Mandarin | Baby corn | Falafel pitta with hummus lettuce and cucumber | ***Smoothie*** |
| Peach / nectarine | Radish | Ham / turkey, lettuce, tomato | ***Hummus*** |
| Pineapple / Melon chunks | Cucumber sticks | Chicken, pesto# and cherry tomato pasta | Yogurt (Full fat if possible) |
| Kiwi sliced | Cherry tomatoes | Slice of quiche or frittata | ***Easy banana oat cookies*** or pancake |
| Fruit salad | Vegetable soup | Couscous or Rice with chicken, grated carrot, cucumber and sweetcorn | Sliced brown bread or ***Wholemeal scone with raspberry chia jam*** |

\*For ‘healthy mayonnaise’ mix mayonnaise with probiotic natural yoghurt

#Nut free pesto if required is available in the Lidl (and other supermarkets)

A variety of small portions often prove more popular and less come home uneaten

Protein fills us up for longer so even a small amount is worth including

Snacks like popcorn can take too long to eat & result in the rest of lunch not been eaten so for that reason, we don’t recommend including it

Your kids may not eat everything but try and introduce variety 1 or 2 days over the course of the week

|  |  |  |  |
| --- | --- | --- | --- |
| **Pesto Dip**2 Tablespoons natural yoghurt1 Tablespoon green or red pestoMix yoghurt and pesto together.Use in sandwiches, as a dip or in pasta salads | **Mango Dip**2 Tablespoons natural yoghurt1 Tablespoon mild mango chutney* Mix yoghurt and mango chutney together.
* Use in sandwiches, as a dip or in pasta salads
 | **Raspberry Chia Jam**Stew a punnet of raspberries in a small amount of waterAdd sugar to taste (if needed)When soft, add 1 – 2 tbsps chia seedsAllow to cool & store for 5 days in the fridgeChia seeds are a great source of protein! | **Wholemeal Scones**100g self-raising flour180g wholemeal flour1 heaped tsp baking powder25g oatsHandful mixed seedsPinch salt60g cold butter, cut into cubes1 egg200ml buttermilk +3 tbsp. milk* Preheat oven to 190oC
* Mix flours, baking powder, salt, seeds and oats and rub in butter until mixture resembles fine breadcrumbs
* Briefly mix in milk to form soft dough. Do not overhandle.
* Turn onto floured surface pat out to 4 cm thick and cut out scones
* Put on baking sheet, brush with milk, sprinkle over mixed seeds and bake for 10 – 12 minutes until golden. Cool on a wire tray
* For **cheesy scones** add ½ tsp mustard powder and 85g mature cheddar into flour mix.
* For **sweet scones** add in 1 tbsp castor sugar and a large handful of raisins or frozen berries at the breadcrumb stage
 |
| **Hummus**1 tin chickpeas 1 clove garlic1 tbsp. tahini juice of ½ - 1 lemon2 tbsp. extra virgin olive oil / rapeseed oil½ tsp ground cumin (optional) * Put the chickpeas and garlic in a blender and blend until small crumbs
* Add tahini, lemon juice, oil, cumin and blend. If required add some water to make thinner.
* For variety, add sundried tomatoes / harissa / roasted peppers to the hummus and blend.
* Use in sandwiches, as a dip or spread on rice cakes
 | **Savoury Pumpkin Seeds**6 tablespoons pumpkin seeds½ - 1 tablespoon soya sauce (use tamari for wheat free version)* Preheat oven to 160oC
* Mix pumpkin seeds and soya sauce, place in a single layer on a preheated baking tray and roast for 10 – 15 minutes.
* Remove from the oven and allow to cool and ‘dry out’

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Fruit smoothie**Blend together ½ banana, handful frozen berries, 1 tbsp. probiotic natural yoghurt, ½ tbsp. ground linseeds / ½ avocado and splash of apple juice. Thin with water if necessary. NB always ensure to add protein e.g. natural yoghurt / nuts / seeds | **Easy banana oat cookies**80g porridge oats20g ground linseeds2 bananas, mashed1 tbsp. chocolate chips (optional)* Preheat oven to 180 oC
* Mix all ingredients together in a bowl and place teaspoons of mixture on baking sheet lined with baking paper. Flatten slightly
* Bake for 10 – 12 minutes until lightly browned

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Pea & mint spread**3 cups frozen peas, thawed (just pour boiling water over them)½ clove of fresh garlic, crushed5 tablespoons extra virgin olive oil ½ - 1 cup fresh mint leaves, roughly chopped* Blend ingredients in food processor
* To make this dip/spread creamier, add 2 – 4 tbsp. full fat cream cheese
 |