**Ramsgrange Central National School**

**Lunch Policy**

The school has always had an interest in promoting healthy lunches and has had a ‘Healthy Lunch’ policy in place for many years in order to:

* Foster healthy eating habits early in life.
* Produce beneficial results in terms of children’s health, behavior and dental wellbeing.
* Support parents who might be under some pressure to include unhealthy or harmful foods for lunch.

We feel that items in children’s lunches can be categorised as follows:

**RECOMMENDED**

* Brown bread, sandwiches, bread rolls, unsalted crackers, wraps, wholewheat pita bread.
* Water, milk, yogurt drinks.
* Fruit, vegetables (carrot sticks, cherry tomatoes, cucumber, peppers etc).
* Soup, salads.
* Pasta, rice, couscous, hummus, yogurt.

**ALLOWED (Once/twice a week only)**

* Plain/fruit bun, scone or plain biscuit.
* Bagel.
* Sugar-free/plain cereal bar e.g. Alpen, Nutrigrain. Oat/Granola bars.
* Processed meats eg ‘Billy Roll/Teddy Bear ham, Luncheon Roll, ham etc.
* Peanut Butter.

**BANNED**

* All kinds of bars including chocolate/sugar type breakfast bars(Rice Krispie Squares, Frosties, Coco Pops etc) biscuits, doughnuts, sweets, crisps, popcorn, salted sticks, pretzels and similar.
* Lunchables, Dunkables, processed meat sticks etc.
* Coated rice cakes, Brioche with chocolate or sugar etc.

However, we feel Friday should be “Treat Day” and that **ONE** **SMALL** item only from this “banned” list may be included with Friday’s otherwise healthy lunch. *‘Share size’ bars or bags of sweets are* ***NOT*** *allowed.*

**STRICTLY BANNED**

* Fizzy drinks and chewing gum.

The teaching staff confirmed that they will actively promote the healthy lunch policy and monitor what children have in their lunch-boxes. Children will be encouraged and praised for their efforts.

We are confident that all parents will see the benefits that will derive from this policy. We are however very conscious that we will need the ongoing support and co-operation of parents in the matter.

Lorraine Kennedy, (Principal)