

Lóin Follaine Healthy Lunches Scoil Fhionáin



Aidhmeanna /Aims

- Bheith ag tacú le páistí roghanna follaine a dhéanamh maidir le bia. Encourage children to think about the importance of making healthy eating choices.
- Tacú le follaine agus sláinte intinne ár bpáistí le béim a chur ar bhia follain. Improve children's mental and physical wellbeing by encouraging healthy foods.
- Laghdú a dhéanamh ar bhia a chur amú/ Reduce food waste .

Soláthar Lóin Scoile /School Lunch Providers

In 2015 the school secured funding from the Department of Social Protection to provide a free lunch to children in the school. Because of the school closures in 2020, new ways of providing a healthy lunch for children were looked at. Local providers are now helping us ensure that all of our children are provided with a healthy lunch every day. The success and continuance of this programme depends on the cooperation between home, school and lunch providers.

Treoracha/Guidelines

- Tugann paistí lón follain na scoile gach lá. Children are asked to bring healthy lunches to school- see food pyramid.
- Moltar go mór bia follain a ithe mar chuid do shaol folláin a chaitheamh- Healthy food choices are encouraged as part of a healthy lifestyle.
- Ceapairí, torthaí, glasraí, iógairt etc.... Sandwiches , wraps, sugar-free cereal bars, scones, cheese, chicken, pulses, pasta, fruit, vegetables, yogurts, , milk and water are encouraged as part of a healthy diet for children.
- Cosc ar siúcra agus salann..... Chocolate, sugary cereal bars, sweets, bars, crisps, biscuits and fizzy drinks are to be avoided... a plain biscuit only please as a treat if needed.
- Children bring back home any lunch which they don't eat
- Fruit cartons and yogurt cartons are brought back home in the lunch box.

Tuismitheoirí/Caomhnóirí- Parents/Guardians

Insítear do thuismitheoirí/caomhnóirí ar an Lá Rollacháin fán pholasaí scoile maidir le lónta scoile. Parents are informed on enrolment day about the healthy lunches policy and again on a regular basis in the school newsletter.

If all families make an effort, then it is easier for all to ensure a healthy lunch is the norm for all.

Éisceachtaí /Exceptions

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/>

