<u>Lóin Follaine Healthy Lunches</u> 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

- "An rud is annamh is iontach"- Treats should be occasional, otherwise they are no longer considered treats!
- Cóisir sa rang/Party in class
- Ócáid speisialta/Special Occasion
- Turas scoile/ School Tour

Róil agus Freagrachas/Roles and Responsibilities

Táimid uilig ag obair le chéile ar son ár bpásití... Táimig ag iarraidh dea-shampla a thaispeáint, agus béim a chur ar Bhia follain mar chuid den chlár OSPS. We all have a responsibility to guide our children towards healthy lunch choices through lessons at school as part of Social, Personal and Health Education, and at home.

The Healthy Food for Life resources are for the entire population over the age of five and they define the Irish Government recommendations on healthy eating and a balanced diet. They provide a consistent and evidence-based approach for healthy eating advice. You can find more information on

https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthyeating-guidelines/

