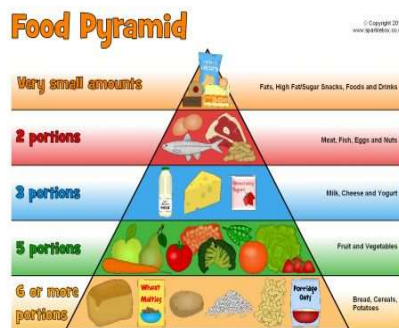




What people eat is known to be one of the key factors influencing the long term health of school children, The school day provides the opportunity of having at least one of the daily meals within the school. The curriculum through the SPHE programme provides an opportunity to learn and explore about food and healthy lifestyles. Through these guidelines, Shanagolden National School aims to help all those involved in our school community in developing responsible attitudes to eating and to appreciate the contribution that good food makes to good health.

- A healthy lunchbox should include some food from each of the first four shelves of the Food Pyramid.



5. Little Treats
4. Dairy Product: cheese, yoghurt
3. Fruit & vegetable group
2. Meat, Fish, poultry
1. Bread, cereals, potato group

- For a *healthy lunch* we recommend the following examples:
 - Bread: e.g brown or white pitta bread or rolls
 - Fillings: e.g. ham, chicken, lettuce, turkey, egg, cheese
 - Fruit: all kinds
 - Dairy: Cheese,
Yoghurt (not for infants)Frubes are not allowed.
 - Drinks: e.g. Juices (unsweetened) water, milk
 - Snacks: Crackers, yogurts, actimel, rice cakes, cheese, dried fruits, scones, plain biscuits, plain buns
- Crisps, popcorn, chewing gum, fizzy drinks, chocolate bars, sweets-**NOT ALLOWED**
- Children are encouraged to have 5 helpings of fruit and veg. each day
- All classes cover a certain number of *healthy eating* lessons during the school year as part of the S.P.H.E. programme
- Exceptions are made for children who follow special dietary guidelines.
- Children will be encouraged to dispose of fruit skins and cores in the compost bins in school.
- Items such as cartons, bottles and plastic containers should be taken home for re-cycling.
- On Fridays children are allowed a little treat-mini chocolate bar or sweets but **NOT** crisps, popcorn, chewing gum or fizzy drinks.