

## Polasaí do Lón Sláintiúil

Mar is eol do gach duine, tá lon sláintiúil mar chuid an tábhachtach d'fhorbairt an pháiste. De réir scrúduithe atá déanta tá roinnt mhaith lóna míshláintiúla de bharr go bhfuil an iomarca siúcra agus easpa snáithín iontu.

Déanann an lón suas aon triú den bhia atá riachtanach don dalta gach lá. Bíonn tionchar ollmhór ar an saghas lón a itheann páistí ar a n-ábaltacht i rith a laethanta scoile.

Mar sin iarrtar gan milseáin, seacláid, deochanna fiosaí nó criospaí a thabhairt mar lón. Iarrtar ar thuismitheoirí chomh maith gan aon chnónna a bheith sna boscaí lóin de bharr páistí le ailléirge a bheith sa scoil.

Gach Aoine ansin, is féidir leis na paistí *rud beag amháin* milis ón liosta thíos a ithe.

### Samplaí de lóna sláintiúla:

- Arán: Arán, nó rollaí, scannaí, cácaí ríse, fillteoga, pancóga.
- Blastóga Shailte: Feoil dá leithead turcaí, sicín, túna, cáis, rollóga ispiní, slisne phíotsa, pasta, rís, sailéad.
- Torthaí agus Glasraí: Úlla, bananaí, cairéid, leitís, trátaí agus torthaí tirime.
- Deochanna: Uisce, bainne, sú torthaí, íogart.

Chun lon sláintiúil a phleanáil, is cóir bia amháin ó na bia ghrúpaí seo a chur sna boscaí lóin – píosa amháin torthaí nó glasraí, bainne/íogart, dhá shlisne aráin agus feoil/cáis.

***Níl guma coganta ceadaithe ar chor ar bith.***

# Healthy Lunch Policy

As everyone is aware healthy lunches are an important component for the growth and development of children. Studies have shown that a lot of lunches are unhealthy due to an excess of sugar and an absence of fibre.

Lunches comprise approximately one third of the pupils food intake per day. The type of lunch your child has available to them greatly affects their ability to withstand the demands of a typical school day.

It is school policy that children bring a healthy lunch to school every day.

Pupils are asked not to have sweets, chocolate, fizzy drinks or crisps to school as part of their lunch. We are also asking not to include any nuts or products containing nuts due to children with allergies being in the school.

On Fridays students are allowed to bring one small treat to school.

## Suggested Foods for a Healthy Lunch:

- Breads: Bread, rolls, wraps, scones, rice cakes, ryvita, breadsticks, pancakes without syrup
- Savouries: meats e.g. turkey, chicken, fish e.g. tuna/sardines, cheese, cheesestrings, sausage rolls, pizza, pasta, rice, salad
- Fruit & Veg: apples, oranges, bananas, dried fruit. Carrots, lettuce, tomatoes
- Drinks: Water, milk, fruit juice, yoghurt

To plan a healthy lunch it is advisable to select at least one item from each food group and include it in the pupil's lunch box.

***Chewing Gum is not allowed in our school under any circumstances***