

FOOD FOR THOUGHT

Children should have a good breakfast to give them a good start to the day.

Recommended lunch-box fillers

Sandwiches: Cold meat, tuna, cheese, jam,
Salad
Cream crackers
Fruit,
Raw vegetable sticks e.g. carrots
Standard Yoghurts/Petit Filous
Rice Cakes
Sesame sticks
Cheese: strings/triangles/slices
Plain fruit scones
Plain queen cakes
Pasta/rice salad bowl.
Raisins and non-sweetened
popcorn

Drinks

- Water
- Milk
- Yoghurt drinks
- Diluted fruit drinks.
- Fruit juices in cartons (please check sugar content)

VARIETY IS THE SPICE OF LIFE

We should all eat a variety of foods.

Here are some suggested combinations for Lunch –box fillers.

1. Sandwich + apple + drink.
2. Crackers + yoghurt + drink.
3. Scone + cheese + fruit salad + drink.
4. Wholemeal bread + plain queen cake + drink.
5. Bap or roll + cold meat + popcorn + drink.
6. Salad bowl + burger bun + raisins + drink.

School lunches can be interesting and healthy with a little thought and imagination.

FOOD TO AVOID

Foods that have a lot of artificial additives and colourings or lots of sugar content are not recommended for school lunches.

The following foods

are not allowed:

Chewing gum (already forbidden in the school)
Chocolate
Crisps
Fruit Winders
Sweets
Chocolate Muffins
Fizzy drinks
Biscuits
Cereal Bars
Yoghurt dessert (crunch corners etc.)
Chocolate drinks.

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Children will be allowed 2 treats and a drink from the top shelf of the food pyramid for special occasions eg. Xmas party, school tour etc.

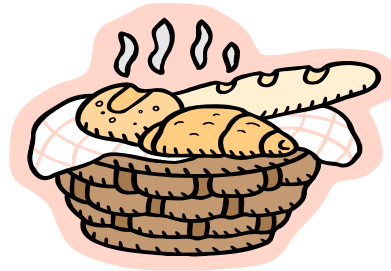
WHAT IF?

- Q. **What if** my child has a food allergy or intolerance to certain food?
- A. **Make sure your child's teacher knows all the facts.**
- Q. **What if** my child will not eat his/her lunch at school?
- A. Teachers can encourage children but they cannot force a child to eat. You need to work out the problem at home with your child.
- Q. **What if** my child brings sweets to school in their lunch box?
- A. They will be sent home and discouraged from bringing them again.

Check it out ...

Parents will encourage children to eat healthily and constantly monitor lunches. Teachers will do occasional spot checks.

Children are advised to bring **home all left-overs in lunch boxes.**
Benefits: Parents are aware of children's eating habits.
School waste reduced.



IT ALL ADDS UP!
Healthy eating
Regular exercise
= Healthy child.

These guidelines have been compiled by:

Pupils, parents and teachers.

Cahergal National School

"A Lesson for Life"

Healthy Eating for a Healthy Life
Eating the right foods is essential for children's growth and development. Healthy foods give children the energy they need to grow into strong healthy adults. It is very important to establish healthy eating habits when our children are young so that, as responsible parents, we give them "a lesson for life".
We all know that children need to eat properly to develop physically but they also need healthy food to help them to learn.
Healthy eating begins at home but we can support and encourage good eating habits at school too.
This is why a group of parents, pupils and teachers got together to draw up these guidelines for healthy school lunches.