



*Little Flower N.S.,
Ballytarsna,
Cashel,
Co. Tipperary
Tel: 0504 41323
Email: littleflowerns@gmail.com*

LITTLE FLOWER N.S. HEALTHY LUNCH POLICY

The aims of our policy are to

- *Encourage children to bring a healthy lunch to school.
- * To develop healthy eating habits at a young age.
- *To reduce fat and sugar intake.

Recommended for lunches:

Sandwiches, brown bread, fruit, vegetables, milk, water, juice, yogurt, flavoured milk (less than 5 percent sugar, e.g. Avonmore Banana and Strawberry milk)

The following are not permitted as part of our healthy Lunch Policy

- *Chocolate, biscuits, sweets
 - *Crisps
 - *Fizzy Drinks
 - *Cereal Bars
 - *Pre packed lunches, e.g. crackers, processed meat and processed cheese
- We request that children take home, in their lunchbox, any leftovers and litter. We would encourage each child to use a lunchbox to cut down on wrappings such as tin foil, cling film, etc. in line with our Green School ethos.

This policy will be integrated with S.P.H.E. and we ask that all parents and pupils co-operate with this policy.