

Boosterstown National School - Healthy Lunch Policy

Aim

In line with our goal of promoting health in our school, we have a healthy school lunch policy. The aim of our healthy school lunch policy is to encourage eating habits which are:

- Low in fat
- High in fibre
- Low in sugar
- Low in salt

Regular Choices

For healthier school lunches, choose the following foods regularly:

- Milk, cheese and yoghurt (low fat choices frequently)
- Fish, chicken, lean meat or eggs
- Fresh fruit and vegetables
- Wholegrain bread
- Low fat butter or low fat spread

Treat Foods

Treat foods are limited to **one small treat** per week on a **Friday**
No Fizzy Drinks or glass bottles allowed on any day.

N.B – Please note that **Nut** foods of any type are not allowed in school.

Please note that children are not allowed to share their lunches with each other due to food allergies and specific dietary requirements.