

Light of Christ School

Policy on Healthy Lunches

Schools have been requested by both the Dept of Education and Skills and the Dept of Health to introduce a healthy eating policy, because of the increasing number of children presenting with diet-related problems. After consultation with the appropriate authorities in this area, the policy for our school is set out below.

It is the policy of the Board of Management of Light of Christ School that children take healthy lunches i.e. a sandwich, piece of fruit, yogurt, plain biscuit or plain bun and a drink such as water or juice for school lunch. A treat is allowed once a week, e.g. on Fridays. Fizzy drinks, crisps, large chocolate bars and chewing gum are not allowed. It is hoped in this way to promote healthy eating habits and dental hygiene.

Ratified at a Board of Management meeting on

Signed: Chairperson Board of Management