

Scoil Na Coróine Mhuire Ashford

Healthy Lunch Policy

- **A healthy lunch includes a piece of food from the four main shelves of the food pyramid.**
- **The school has introduced a fruit and water break. Healthy snacks should be encouraged for this break. (Choose from the healthy choice ideas).**
- **Tooth friendly drinks should be encouraged. (Choose from the healthy choice list).**
- **A healthy lunch policy includes guidelines on treats.**
- **Food hygiene is part of a healthy eating policy.**
- **A healthy lunch policy complements a school's environment & green school policies.**
- **Healthy lunch policies are implemented within the context and methodology of Social, Personal & Health Education.**
- **A whole school approach is adopted in planning, implementation and support of a healthy lunch policy initiative.**