Polasaí Lón Sláintiúil/Healthy Lunch Policy 2021

Is cuid de churaclam na scoile é an tOideachas Sláinte agus molaimid do pháistí roghanna sláintiúla a déanamh maidir le bia, mar chuid de shaol sláintiúil. Má thugann tú do lón féin do do pháiste, lean na treoracha thíos.

Is é atá i gceist againn le lón fólláin ná:

* Arán nó a mhacasamhail
* Líonadh le cáis, uibheacha, iasc, sailéid nó feoil
* Torthaí/glasraí
* Pasta
* Deoch – uisce, bainne, sú torthaí
* Iógairt

Ní cheadaídear na rudaí seo a leanas:

* Milseáin, seacláid ná criospaí
* Bia te/anraith
* Deochanna coipiúla ná buidéil ghloine
* **Cnónna ná bia ina bhfuil cnónna**
* Barraí gránaigh
* Guma coganta

Ní cheadaítear do dhalta a bheith ag roinnt lónta lena chéile, ar chúiseanna sláinte.
Ba chóir do pháistí aon bhruscar atá acu ón lón a thabhairt abhaile leo agus an seomra ranga a choinneáil deas glan.

Health Education is part of the curriculum and in Gaelscoil Bhaile Munna we encourage children to make healthy choices in relation to food, thus promoting a healthy lifestyle. If you give your child lunch from home, please follow the following guidelines.

Healthy lunch options:

* Bread, pitta bread etc
* Fillings such as cheese, eggs, fish, salad or meat
* Pasta
* Fruit/vegetables
* Drinks such as water, milk or fruit juice.
* Yoghurt

The following are not allowed:

* Sweets, chocolate or crisps
* Scones
* Hot food/Soup
* Fizzy drinks or glass bottles
* **Nuts or any food containing nuts**
* Cereal bars
* Chewing gum
* Drinks with a high sugar content

For health and safety reasons, children are not allowed to share lunches.
Children should bring any uneaten lunch home in their lunchbox, so as to keep the classroom clean.

Pádraig B. Mac Criostail

Cathaoirleach an Bhoird Bainistíochta

Meán Fómhair 2021