



Polasaí Lóin Shláintiúil i Scoil Aonghusa

Healthy Lunch Policy

Is béile tábhachtach é lón do pháistí scoile. Ón lón a fhaightear suas le trian de chothú molta an lae agus ní chóir go mbeadh an iomarca saille, siúcra nó salainn ann. Ba chóir snáithín cothaitheach a fháil uaidh freisin. Tá an lón traidisiúnta de bhainne agus ceapairí ag athrú agus tá tuismitheoirí agus múinteoirí buartha faoin tionchar atá ag bia saoráideach ar an lón traidisiúnta. Iarrfar ort do pháiste a mhealladh lón sláintiúla a ithe ó thús a saol scoile. Cuireadh an t-eolas seo le chéile chun cabhrú leat lón tapaidh, tarraingteach agus cothaitheach a sholáthar do do pháiste.

Arán agus Malairtí ar Arán– Arán nó rolla aráin, slánghráin más féidir, rís slánghráin, pasta slánghráin, sailéad prátaí, scónaí slánghráin, arán piota, fillteoga (slánghráin más féidir).

Torthaí agus Glasraí– Úll, Banana, Péitseog, Mandairín, Píosaí Oráiste, Sailéad Torthaí, Torthaí Triomaithe, Pluma, Píosaí Anainn, Fíonchaora (gearrtha ina dhá leath do pháistí óga), Cúcamar, Arbhar Milis, Tráta, Cairéid, Piobair,

Blastóga – Feoil thrua, Sicín, Turcaí, lasc stánaithe ar nós tuinnín nó sairdín, Cáis, Quiche, Píotsa

Deochanna – Tá sé tábhachtach go n-ólfadh páistí a ndóthain i rith an lae. Ba chóir deoch a chur ar fáil ag am sosa agus ag am lóin (250-500ml an méid molta). Is iad uisce agus bainne na deochanna is oiriúnaí do pháistí. Toisc an oiread siúcra nádúrtha atá i sú torthaí neamh-mhilsithe níor chóir iad a ól ach amháin le béilí agus uisce a chur leo más féidir (deich gcuid uisce le cuid amháin sú). Muna bhfuil tú cinnte an bhfuil siúcra breise i ndeoch áirithe féach liosta na gcomhábhar. I measc na dtéarmaí neamhchoitianta ar shiúcra a d’fheicfeá i liosta na gcomhábhar tá siúcros, fruchtós, glúcós, maltós, deastrós agus síoróip. Is gá an díhiodráitiú a sheachaint toisc go laghdaíonn sé cumas an dianmhachnaimh.

Tá Cosc ar na nithe seo a leanas ar scoil – Criospaí, Grán Rósta, Deochanna Fiosaí, Milseáin, Briosaí Seacláide, Barra Seacláide, Guma Coganta.

Ba chóir go mbeadh bosca lóin ag gach páiste. Tógfaidh na páistí aon bhia nár itheadh abhaile ina mbosca lóin. Níl cead buidéal gloine a thabhairt ar scoil. Molaimid do na páistí buidéal plaisteach nó fleasc go bhféadfaí a athúsáid a thabhairt ar scoil. Molaimid do na páistí buidéal uisce a thabhairt leo ar scoil le húsáid i rith an lae. Bíonn am ag na páistí a lóin a ithe sa seomra ranga roimh dhul amach sa chlós.

Is mór an chabhair é Pírimid an Bhia

Bia lán le sail siúcra agus salann	Ní gach lá
Leatháin agus Olaí	Fíor-bheagán
Feoil, lasc, Píseanna, Pónairí	2 + sciar in aghaidh an lae
Bainne, Cáis, Iógart	3 + sciar in aghaidh an lae
Arán, Gráin agus Prátaí	3-5 sciar in aghaidh an lae
Torthaí agus Glasraí	5-7 sciar in aghaidh an lae

Bricfeasta – Tá sé tábhachtach bricfeasta a bheith ag páiste gach lá agus tá sé ríthábhachtach dóibh freisin an bia ceart a roghnú. Nuair a itear bia atá lán de shlánghrán, snáithín agus de phróitéin agus bia gan morán siúcra sa bhreis ann d’fhéadfaí é seo cur lena bhfuinneamh, a meamram agus cabhrú leo a n-aird a dhíriú ar a gcuid oibre - rud a cabhróidh go mór le páistí agus iad ar scoil. Seachain gránach bricfeasta le go leor siúcra mínphróiseáilte (iad siúd clúdaithe le siúcra, mil, fruchtós nó seacláid).



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Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre. The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods. Parents and teachers are concerned about this trend. We ask you to encourage a healthy lunch right from the start. The following guide is designed to help you provide quick, appetising and nutritious lunches for your children.

BREAD ALTERNATIVES - Bread or rolls, preferably wholemeal / Rice- Wholegrain/ Pasta- Wholegrain/ Potato Salad/ Wholemeal scones/Pitta Bread/Wraps (preferably wholemeal).

FRUIT AND VEGETABLES - Apple, Banana, Peach, Mandarin, Orange Segments, Fruit Salad, Dried Fruit, Plum, Pineapple Cubes, Grapes (should be chopped in half for younger classes), Cucumber, Sweetcorn, Tomato, carrot sticks/peppers/celery sticks.

SAVOURIES - Lean Meat, Chicken, Turkey, Tinned Fish e.g. tuna/sardines, cheese, quiche, pizza, hummus.

DRINKS - It is important that children take in enough fluids during the day. Drinks should always be included for break-time and lunch (recommended amount is 250-500mls). Avoid Dehydration as it reduces your child's concentration level. Water and Milk are the most suitable drinks for children. Due to its natural sugar content, unsweetened fruit juice should be consumed with meals and ideally diluted (one part juice to ten parts water). If you are unsure about whether a drink contains added sugar, check the ingredients list. Less common terms for sugar that may appear on the ingredients are sucrose, fructose, glucose, maltose, dextrose and syrup.

FOODS NOT ALLOWED IN SCHOOL- Crisps, Popcorn, Fizzy drinks, Sweets, Chocolate Biscuits, Chocolate Bars, Chewing Gum

Each child is required to have a lunchbox. Children take home uneaten food in their lunch boxes. Glass bottles are not allowed. Children are encouraged to use re-usable plastic bottles or flasks. We recommend that children bring a bottle of water to school with them for times during the day when they would be thirsty. Children are given time to eat their lunches in their classroom before going out to play in the yard.

A very simple approach to healthy eating is to use the Food Pyramid

Foods high in Fat/Sugar/Salt	Sparingly
Fats/ oils	Sparingly
Meat, Fish, Peas,Beans	2 + portions per day
Milk, Cheese, Yoghurt	3 + portions per day
Bread, Cereals and Potatoes	3-5 portions per day
Fruit and Vegetables	5-7 portions per day

BREAKFAST- It is important for children to have breakfast every day, but what they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fibre, and protein while low in added sugar may boost children's energy, attention span, concentration, and memory — which they need to learn in school. Avoid cereals that are high in refined sugars i.e. those coated in sugar, honey, fructose or chocolate.

