

## Scoil Mobhí

Oideachas Soisialta, Pearsanta agus Sláinte.

### **Polasaí ar Bhia Folláin i Scoil Mobhí**

#### **Moltaí don Lón:**

##### **Le nithe:**

Ceapairí, arán, briosaí chrua, sailéidí, cáis, feoil, torthaí, iógairt, grán rósta, píosa beag de chiste, briosaí, glasraí, pasta, rís, cácaí rise nó bonnóga.

##### **Le hól:**

Bainne, atá le fáil saor in aisce sa scoil, nó uisce.

##### **Le seachaint:**

Brioscáin, milseáin, nó seacláid.

Deochanna sioscacha ar bith nó aon chineál de dheoch siúcraich nó sú torthaí.

- \* Níl malartú bia ceadaithe.
- \* Ba chóir go mbeadh bosca lóin ag gach páiste le hainm an linbh scríofa go soléir air.

I dtreo is nach loitfear leabhair -

- \* Ba chóir go gcuirfí an lón ar fad i mbosca lóin.
- \* Ba chóir go mbeadh séal daingean ar bhuidéil, agus is féidir leis na páistí iad a chur ina seasamh chomh luath is a théann na páistí isteach ina seomra ranga.
- \* Ba chóir go dtabharfaí aon bhia atá fágtha agus na clúdacha bia abhaile chun athchúrsáil a dhéanamh orthu, más féidir.

#### **Iarrtar ar na tuismitheoirí a chur in iúl don scoil má tá riachtanais bhia speisialta ag aon pháiste. Déanfar gach iarracht tacaíocht a thabhairt dá leithead sa scoil.a**

Iarraimid nach gcuirfidh sibh cnónna nó bia le cnónna i mbosca lóin na bpáistí más féidir mar go bhfuil ailléirge cnónna ag roinnt páistí sa scoil. Bíonn cnónna in an-chuid bianna éagsúla – briosaí, nutella, i mbarraí grain, anlann pesto srl.

Bileog ‘Boscaí Lóin Sláintiúla’ ar fáil ar [www.safefood.eu](http://www.safefood.eu)

Scoil Mobhí

Social, Personal and Health Education

**A Policy on Healthy Eating in Scoil Mobhí.**

**Recommendations for lunches.**

**To eat:**

Sandwiches, bread, crackers, salads, cheese, meat, fruit, yogurts, popcorn, small amounts of plain cakes, plain biscuits, vegetables, pasta, rice, plain rice cakes or scones.

**To drink:**

Milk, which is available free of charge in the school or water.

**To be avoided:**

Crisps, sweets, chocolate.

Fizzy drinks of any kind, any drink with a high sugar content, fruit juices or dilutable juices.

- \* Swopping of food is not permitted.
- \* Each child must have a lunch clearly labeled with their name.

**To avoid spillage and spoiling books -**

- \* All lunch should be in lunch box.
- \* Drinks should be in tightly sealed containers, which the children may put standing once they go into their classrooms.
- \* All food and food coverings to be brought home for possible recycling.

**Parents are requested to inform the school of any special dietary needs an individual child may have. The staff will make every effort to support such needs in the school.**

We ask that you do not put nuts or food containing nuts in your child's lunch boxes, as there are children in the school who suffer from nut allergies. Foods most likely to contain peanuts include biscuits, nutella, cereal bars, pesto sauce etc.

Please consult 'Healthy Lunchboxes' leaflet available on [www.safefood.eu](http://www.safefood.eu)