

Healthy Eating Policy

INTRODUCTION

Healthy eating is central to a person's overall well-being. As part of Social, Personal and Health Education (SPHE), the children learn about healthy eating and nutrition. Our aim is to promote healthy eating at an early age in order to ensure good, lifelong, nutritional habits. Healthy eating is important for many reasons:

- Maintaining strong teeth and bones
- Improving concentration and behaviour
- Preventing obesity and heart conditions
- Balancing energy levels

AIMS OF THE HEALTHY EATING POLICY

- Establishing good lifestyle habits
- Preventing obesity and heart conditions
- Improving concentration and behaviour
- Balancing energy levels
- Maintaining strong teeth and bones
- Promoting an awareness of the nutritional value of a variety of foods
- Explaining the necessity of regularly choosing food from the various food groups

ORGANISATION

The teachers in the school are happy to supervise the implementation of the Healthy Lunch Policy if it has the support of the parents. We will be available to advise on healthy options, keep an eye on the contents of lunch boxes and reward compliance with the policy by allowing a treat of Fridays.

REVIEW

A copy of this policy has been sent to the family of every pupil attending the school and will be sent to all new families.

THE POLICY

It is school policy that pupil's lunches will consist of some of the following:

- Bread (white or wholemeal), rolls, crackers or pasta

- Sandwich fillings of any choice (suggestions - meats, cheese, salad, jam, peanut butter, etc.)
- Natural fruit juice, diluted fruit juice, yoghurt drinks, water, milk
- Healthy snacks such as fruit, prepared vegetables, fruit salad, plain biscuits, raisins (or other dried fruits), cheese strings, yoghurts, plain cakes - cup cakes/queen cakes

Healthy Cereal Bars:

As there is a huge variation in content of Cereal bars, we suggest that parents decide for themselves as to which ones are healthy or not.

FOODS NOT ALLOWED

- chewing gum
- cans, glass bottles, fizzy drinks
- all varieties of crisps
- sweets
- sticky bars

TIPS FOR GETTING YOUR CHILD TO EAT THEIR LUNCH

1. Try making their lunch colourful and interesting. Cut foods into different shapes and into small portions e.g. triangles of sandwiches, chunks of cheese, chopped mixed fruit or vegetables.
2. Vary the food from day to day e.g. wholemeal and white bread (or half and half), rolls, pitta, crackers. You can fill these with a choice from the meat, fish or alternative (protein) group or with cheese.
3. Something tasty like a favourite yoghurt or fromage frais can be included.
4. A piece of fruit or diced fruit/vegetable is a quick snack for little break.
5. A carton of milk is an excellent choice of drink. Otherwise a carton of unsweetened fruit juice or ordinary water could be given.
6. Try alternatives to bread and rolls with pitta and scones. Encourage your child to have wholemeal varieties and to eat the crusts.
7. Use salads like lettuce, tomato, and cucumber in sandwiches/rolls to brighten them up and to help ensure your child gets a good balance of nutrients.
8. Make sure the lunch you prepare is child friendly e.g. peeled oranges, chopped meat, vegetables cut to a suitable size, cartons easy to open etc..
9. Get your child involved in planning their own lunch as they are then much more likely to eat and enjoy it.
10. Ensure that you haven't packed anything from the 'forbidden' list.

EXCEPTIONS

- All of the children are encouraged to bring one treat in their lunch box every Friday.
- On certain occasions, the teachers will give the children a sweet treat, e.g. on the days of holidays, after football matches and other events, sports evenings etc
- Sometimes the teachers will give sweets as rewards to the children
- Raffle prizes may occasionally include sweets.

Ratified by the Board of Management of Corrandrum National School and will be reviewed/updated.

Date:

Signed:

Chairperson BOM