



Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) programme in Slane N.S., we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

Aims

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

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 (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. 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
 Pasta
 Couscous
 Potato Salad
 Wholemeal Scones
 Breadsticks
 Crackers, Pitta Bread
 Plain home baked goods i.e. scone
 Bagels
 Plain Crackers
 Rice Cakes

Fruit & Vegetables

Apple, Orange, Banana, Peach,
 Straw/Black/Rasp/Blue berries,
 Fruit Salad, Dried Fruit, Grapes,
 Plum, Peach, Pear, Pineapple Cubes etc.

Sweetcorn, Carrot, Cucumber, Peppers,
 Broccoli, Celery, Lettuce, Tomatoes etc.

Savouries and Sandwich Fillers

Lean Meat
 Chicken/Turkey
 Egg
 Tinned Fish e.g. tuna/sardines
 Cheese
 Quiche
 Hummus

Drinks

Water
 Fruit juices
 Diluted drinks (low sugar or no added sugar where possible)
 Yoghurt
 Milk
 Soup





We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- All crisps (including crisp-style snacks)
- All sweets
- Chocolate biscuits/bars or chocolate/icing on home baked goods
- Chocolate spread/bread/yoghurts/bars/buns/biscuits
- Cereal bars
- Chewing gum
- Fruit winders
- Fast food
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sports and other energy/isotonic drinks

So as to take a proactive approach to healthy lunches, teachers will, from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

Treat Day

On treat days, such as end of term, school trips and school events, one treat can be included in children's lunchboxes. Treats may also be used occasionally as school rewards.

Green Flag School

In keeping with our green school ethos children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- use reusable drink cartons and containers.
- not bring in cans and glass – for safety reasons.

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

Signed on Behalf of the Board of Management

Chairperson: _____

Date: _____



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