



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, appetizing, and nutritious lunches for your children

Bread & Alternatives	Savouries and Sandwich Fillers	Fruit & Vegetables	Drinks
Bread or rolls, (preferably wholemeal) Rice / Couscous Potato Salad Wholemeal Scones Crackers / Pitta Bread / Breadsticks Plain home baked goods i.e. scone Bagels Plain Crackers / Rice Cakes	Lean Meat Chicken/Turkey Egg Tinned Fish e.g. tuna/sardines Cheese Quiche Hummus	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.	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
- Biscuits, bars or croissants or chocolate/icing on any items
- Chocolate - spread/bread/yoghurts/bars/buns/biscuits





- All cereal bars eg. Rice Krispies bars, Nature Valley bars
- Chewing gum
- Fruit winders
- Fast food including chicken goujons, wedges and sausage rolls
- 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.

As we are a Green School we ask that pupils bring in as little packaging as possible so

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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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