

# St. Joseph's National School

## Moneygall

### 17003A

#### Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at *St. Joseph's National School* 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. However, we cannot stress enough the importance of the children getting a good breakfast each morning before they come to school.

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.

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children. Children are encouraged **not to share lunches** in school. Also St. Joseph's National School is a **NUT PRODUCT FREE ZONE** due to allergies in the school.

#### Bread & Alternatives

Bread or rolls, preferably wholemeal  
Rice – wholegrain  
Pasta – wholegrain  
Potato Salad  
Wholemeal Scones  
Bread sticks  
Crackers  
Pitta bread

#### Savouries

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

### **Fruit & Vegetables**

Apples, Banana, Peach  
Mandarins, Orange segments,  
Fruit Salad, dried fruit,  
Plum, Pineapple cubes  
Grapes,  
Cucumber, Sweetcorn  
Tomato,  
Coleslaw.

### **Drinks**

Milk  
Fruit juices  
Squashes, i.e. low sugar  
Yoghurt

### **A word about Milk**

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

### **We ask that children do not bring the following to school (Mondays to Thursdays):**

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

- Nut products including Nutella
- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Yollies
- Chocolate spreads

### **If such foods are brought to school, children will be asked to bring them home in their lunchboxes.**

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.

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

Fats Sugar Sweets etc.	Sparingly
Meat, Fish Peas/Beans	2 portions per day
Milk, Cheese Yoghurt	3+ portions per day
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

### **Treat Day**

Friday will be our treat day. The children are encouraged to eat the treat AFTER their lunch is eaten. On this day, children can bring ONE of the following:

- Junior and Senior Infants – Fun size treats only (eg crisps, chocolate, sweets)
- 1<sup>st</sup> – 6<sup>th</sup> class – 1 treat only (eg crisps, chocolate, sweets)

**Share bags (eg maltesers, twirls, hunky dorys etc), large tub of pringles etc are not allowed.**

**Fizzy drinks are not allowed**

### **Treats on special occasions:**

Treats may be allowed or distributed to the pupils for special occasions or as prizes.

Examples include:

- Christmas
- Halloween
- Raffles
- Sport's day
- School tours etc

### **Green Flag School**

Our green school motto is:

'Reducing, reusing, recycling must be done. Here in Moneygall National School recycling is fun!'

With this in mind, 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
- not bring in cans and glass – for safety reasons.

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

This policy was ratified by the Board of Management & Parents' Council on \_\_\_\_\_.

It will be reviewed on \_\_\_\_\_.