

Scoil Nuachabháil

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at Scoil Nuachabháil 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 – 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

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:

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn.

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	3+ portions per day

Yoghurt	
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

Green Flag School

Our green school motto is:

‘GET GREEN, KEEP GREEN, MAKE IT INTO A REGULAR ROUTINE!’

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 which requires a special diet should contact the school.

This policy will be reviewed in October 2021