

## Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at *St. Conleth & Mary's Primary 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).

To promote healthy eating habits in our school, we introduced a healthy eating policy starting from September 1<sup>st</sup> 2020.

### 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, there are more suggestions in the school app.

### Bread & Alternatives

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

### Fruit & Vegetables

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

### Savouries

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

### Drinks

Milk  
Fruit juices  
Squashes, i.e. low sugar

## 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:

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.

St. Conleth & Mary's is a nut free school and we ask that parents/guardians not pack nut products in their child's lunch box.

## 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. On this day, children can include one of the following; sweets, chocolate biscuit/bar or cereal bar.

## Green Flag School

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- 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 was ratified by the Board of Management on \_\_\_\_\_.

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

Signed: \_\_\_\_\_

Pat O'Mahony  
Chairperson, Board of Management

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# Wholesome Options



***Any Homemade Baking***

Brown bread  
White bread  
Scones

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***Dairy***



Frubes  
Fromage Frais  
Yoghurt

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***Dried Fruit***

Raisins  
Sultanas

**We are a nut-free**

***Sandwiches made with white / brown bread filled with***

Ham                      Chicken  
Cheese Jam  
Cucumber    Banana  
Salami                      Tomato


Crackers  
Rice cakes  
Corn cakes  
Bread sticks  
Pittabread  
Rolls  
Bagels  
Wraps  
Baps  
Ciabatta

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***Drinks***




Water  
Milk  
Juice



***Fresh Fruit / Vegetables***

Apples                      Oranges  
Pears                              Plums  
Kiwi                              Grapes



**Food Not Allowed**

Chocolate                      Crisps                      Pringles                      Popcorn  
Sweets                      Biscuits                      Lollipops                      Bars including cereal barFruit  
winders                      Pre-packed lunch kits                      Fizzy drinks

Highly sugared/coloured drinks.

