



Healthy Eating Policy for Scoil Pádraig Naofa

Scoil Pádraig Naofa aims to help all those involved in the school community, (children, staff, and parents) to develop positive and responsible attitudes to eating, and to appreciate the contribution that good food makes to one's health. To promote healthy eating habits in our school, we have introduced a healthy eating policy

Nutrition:

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**).

Foods allowed for healthy snacks/ lunches	Drinks allowed in school
• Sandwiches, rolls, pitta bread, wraps with a variety of healthy fillings, (no chocolate spread allowed) • Pasta, Rice dishes, • Humus and crackers • All types of fruit • All types of vegetables • Cheese, yoghurts	• Milk • Water (using re-usable bottle) • Water diluted with squash/cordial
Foods not allowed for snack / lunches	Drinks not allowed in school
• All Chocolate products including chocolate spreads. • Crisps • Sweets • Chewing gum • Fruit winders • Nuts or foods /products containing nuts	• Fizzy drinks

Foods containing nuts are not allowed in school due to some students having nut related allergies.

- As we are a 'Green Flag School' we request that all pupils take all lunch items home in their lunchboxes.
- For safety reasons cans, glasses, steel forks and knives are not permitted.
- We do not take responsibility for the re-heating of foods for pupils

To support our policy, children will receive lessons on healthy eating throughout the school year.

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

Reviewed and Ratified:

__Odhran O'Mahony_____
Odhran O'Mahony Chairperson BOM

Date: __10.10.23_____