

Title

Healthy Eating

Introductory Statement

This policy was formulated by the staff in St. John's National School in June 2014 to update a previous policy document on healthy eating in our school.

The focus of this policy is to support parents and pupils in relation to healthy eating habits from an early age. Practical suggestions are included, alternative snacks and treats as well as possible nutritious lunches.

This policy is linked to

- **SPHE:** Taking Care of My Body - Food and Nutrition and Making Choices
- **Science:** Myself - Human Life Processes



Objectives:

- To help children and parents make healthy food choices
- To improve the children's concentration and energy levels
- To develop an awareness of nutrition i.e. ingredients of food

Lunch is an important meal for school going children. It should provide, approximately, one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

We ask that parents remain mindful of this and that their children's lunches are nutritious, provide energy and facilitate concentration and learning.

In our school the children eat twice a day, before going out to play. Food is to be eaten in the classrooms – not on the school yard/playground.

Milk is a rich source of protein, calcium, vitamins and minerals. If your child wishes to have milk in school please fill out the Milk Order Form in September.

The Healthy Lunch Guidelines

- A healthy lunch-box contains a piece of food from the lowest 4 levels of the Food Pyramid
- Snacks for small break include fruit, vegetables, flapjacks, fruit yoghurts (**bring your own spoon**), fromage frais, crackers and raisins.
- We ask parents to consider **chopping up fruit** for children – large apples are often too big and much of them wasted; oranges are too difficult to peel – pieces that can be easily picked up/held are best.
- Healthy fillings for sandwiches are encouraged - please avoid chocolate spread and Nutella.
- **The following foods are not permitted;** chewing gum, chocolate bars, crisps, popcorn, biscuits, sweets, fizzy drinks
- Water is encouraged, although juices or diluted drinks may be used as an alternative. Children will be able to have a drink at break time and at lunchtime. Drinking during class time is not allowed. Drinks from sports cap style bottles are best: children can easily take a drink and close it back again to finish at the next break. **Drinks with straws are not allowed.**



Exemptions:

- Children are allowed a small treat on Friday Only. (Suggestions include a mini-bar, biscuit or bun)
- Children will be allowed to have a treat day at end of term parties if organised by their class teacher

Should a child's lunch not comply with our school's Healthy Eating Policy a note will be sent home reminding parents of the policy and its requirements.

Lots of Great & Tasty Ideas

Snacks:

Try ... whole-meal muffins, raisins, scones, flapjacks, raw vegetables, fruit, seeds, dried fruit, fruit yoghurts, crackers, fromage frais or bread

Drinks:

Gulp Down ... water, unsweetened fruit juices, yoghurt drinks, vegetable drinks, or smoothies from a sports-cap style bottle (no cartons with straws)

Carbohydrates:

What About ... whole-grain breads, rolls, bagels, wraps, oatcakes, crackers, pasta, rice or rice cakes.

Fillings could include: cheese, tuna, hummus, cold meats, lettuce, cucumber, tomato, onion, peppers, coleslaw or salad.

Fruit:

Chop up ... apple, orange, banana, grape, pear, plum, kiwi, melon, pineapple and many more

Raw Vegetables:

Crunch On ... carrots, peppers, cucumber, tomatoes, sweetcorn and many more

Timeframe for Implementation

The policy will formally commence in September 2014.

Timetable for Review

This policy for be reviewed for its effectiveness annually.