



Healthy Eating Policy

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

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| <p>Bread & Alternatives Bread or rolls, preferably wholemeal Rice - wholegrain Pasta - wholegrain Potato Salad Wholemeal Scones Bread sticks Crackers Pitta bread</p> | <p>Fruit & Vegetables Drinks Apples, Banana, Peach Mandarins, Orange segments Fruit Salad, dried fruit Plum, Pineapple cubes Grapes, Cucumber, Sweetcorn Tomato, Coleslaw</p> |
| <p>Savouries Lean Meat Chicken/Turkey Tinned Fish e.g. tuna/sardines Cheese Quiche Pizza</p> | <p>Drinks Water Milk Fruit juices Squashes, i.e. low sugar Yoghurt</p> |

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.

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.
- Nuts (including Nutella, Chocolate spread etc)
- Kiwis

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 |

Green Flag School

Children are 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
- use a reusable drinking bottle

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school e.g. nut allergies, kiwi etc...