

**Scoil Chríost an Slánaitheoir,
20094A
Healthy Eating Policy**



Introduction:

As part of the Social, Personal and Health Education (SPHE) programme in Scoil Chríost an Slánaitheoir, we encourage our pupils to become more aware of the need for healthy food in their lunchboxes daily. What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance. It is the responsibility of parents and guardians to ensure that children have a healthy lunch at school daily.

Aims:

This policy aims to;

- Promote a whole school approach to healthy eating and nutrition.
- Promote the personal development and well-being of the child.
- Promote the health of the child.
- To explore food preferences in a balanced diet.
- Provide a foundation for healthy living in all its aspects.

School Ethos:

The school is committed to the care of the whole school community and the provision of a safe and secure environment for learning. This policy is in keeping with those ideals.

Objectives:

- To enable the child to appreciate the importance of good nutrition for growing, developing and staying healthy.
- To enable the child to accept some personal responsibility for making healthy and wise food choices, adopting a healthy and balanced diet.
- To enable the children to reach their full potential aided by nutritious energy and a strengthened immune system.

Breakfast:

Lunch is an important meal for all school-going children. It should provide one third of their recommended daily allowance of nutrients without being too high in fat, sugar or salt. However, we must stress the vital importance of the children getting a good breakfast each morning before they come to school. Breakfast and lunch should provide essential dietary fibre. Research has shown that children benefit both nutritionally and behaviourally by eating a good breakfast.

Lunch:

All Junior classes (Juniors-2nd Class) in Scoil Chríost an Slánaitheoir eat their small break at 10:30 before they go outside to play at 10:35. All Senior classes (3rd – 6th Class) eat their small break at 10:45 before they go outside to play at 10:50. At 11:53 Junior classes eat their big lunch before playtime at 12:00. At 12:27 Senior classes eat their big lunch they go outside to play at 12:35. Teachers in the Junior classes (Infants – 2nd class) may use some extra discretionary time to allow extra eating time as needed. This is in line with the Department of Education's Time allocation for recreation in the Primary School Day.

Packed Lunches:

The typical packed lunch should include a healthy balance of the main food groups, ie. Carbohydrate (bread option), protein, fruit and vegetables. Children are encourage not to share lunches due to allergies. Scoil Chríost an Slánaitheoir is a 'Nut Free Zone' due to some severe nut allergies in the school.

Try to include:

- Bread / Bread Substitute (Whole-grain bread, wrap, bagel, soda bread, pitta)
- Fillings (Cheese, tuna, cold meats, egg, lettuce, spinach, cucumber, tomato, onion, coleslaw, peppers salad)
- Hot or Cold left-overs in a flask (Pasta, soup, rice, stew, noodles, lasagna)
- Fruit (Apple, orange, banana, grapes, berries, pineapple, melon, mango – cut appropriately)
- Vegetables (Tomatoes, sweet corn, peppers, carrot sticks, cucumber)

We ask that the following items are NOT brought to school in the lunchbox:

- Crisps
- Fizzy drinks (including sugary fruit juices)
- Nut products (including Nutella)
- Sweets and Bars (see note regarding 'Treat Day')
- Cereal bars
- Chewing Gum
- Popcorn
- Sticky bars and lollipops

If such foods are brought to school, children will be asked to keep them in their lunchboxes and bring them home again.

We encourage children NOT to bring hot food from the Deli e.g. Sausages, chicken nuggets, chips and other fast food.

Treat Day:

Friday is assigned as 'Treat Day'. The children will be encouraged to eat all their healthy lunch first and only AFTER their lunch is eaten the children can enjoy one of the following items at their big lunch at 12:23:

- Fun size small bar
- A biscuit
- A bun
- Small cereal bar

The following is a suggested guide to help you pack a varied and healthy lunch for your child:

Children's nutritionists have new

MIX+MATCH BROWN BAG LUNCH COMBINATIONS

Choose from the following categories based on your child's age and tastes.
There's a different lunch for every day of the week!

THEME	GRAINS	PROTEIN	TOPPERS/SIDES	CONDIMENTS
SANDWICH SMORGASBORD	<ul style="list-style-type: none"> • Whole grain bread • Whole grain English muffin • Whole wheat pita • Whole grain roll* 	<ul style="list-style-type: none"> • Sliced turkey or cheese • Sliced ham • Tuna, packed in water • Lean roast beef 	<ul style="list-style-type: none"> • Baby carrots • Sliced tomatoes and pickles • Celery sticks • Spinach leaves 	<ul style="list-style-type: none"> • Low fat ranch dressing • Mustard • Low fat mayonnaise • Pesto
OODLES OF NOODLES	<ul style="list-style-type: none"> • Whole grain pasta in any fun shape 	<ul style="list-style-type: none"> • Serve hot: turkey meatballs • Serve cold: baked tofu 	<ul style="list-style-type: none"> • Grated cheese • Diced peppers, tomatoes 	<ul style="list-style-type: none"> • Tomato sauce • Pesto • Low fat Italian dressing
PARFAIT PARTY	<ul style="list-style-type: none"> • Whole grain cereal • Granola • Whole grain frozen waffles 	<ul style="list-style-type: none"> • Yogurt 	<ul style="list-style-type: none"> • Fresh or frozen berries • Dried fruit (> 5 years) 	<ul style="list-style-type: none"> • Maple syrup • Honey (> 1 year)
FINGER FOOD FUN	<ul style="list-style-type: none"> • Whole grain crackers • Flatbreads • Flat pretzels 	<ul style="list-style-type: none"> • Cheese cubes • Hummus • Low fat chicken sausage, sliced** 	<ul style="list-style-type: none"> • Sliced cucumbers • Red pepper strips • Olives 	
MEXICAN FIESTA	<ul style="list-style-type: none"> • Corn tortilla • Brown rice • Baked corn chips 	<ul style="list-style-type: none"> • Beans and cheese • Diced or shredded chicken • Shredded low fat cheese 	<ul style="list-style-type: none"> • Shredded lettuce • Avocado slices • Diced tomatoes 	<ul style="list-style-type: none"> • Salsa • Plain yogurt • Pico de gallo
BRUNCH FOR LUNCH	<ul style="list-style-type: none"> • Mini bagel • Whole grain English muffin 	<ul style="list-style-type: none"> • Hard-boiled egg slices • Canadian bacon or ham • Cottage cheese 	<ul style="list-style-type: none"> • Banana slices • Orange slices • Fresh berries 	<ul style="list-style-type: none"> • Cream cheese • Jelly or Jam

Best Practice:

- Start the day with a good breakfast
- Children who take physical exercise each day will have a better appetite for healthy food
- Try serving brown instead of white bread
- Cut large rolls, wraps, sandwiches into manageable sizes
- Choking hazards like grapes should be cut lengthways for safety.
- The children will bring home any uneaten lunch.

Parents/Guardians of any child with a medical condition which requires a special diet should inform the school office.

Implementation:

This policy has been in operation since 2010 and reviewed in 2020.

Ratification:

The policy was ratified by the Board of Management on 19/10/2020. This policy will be reviewed again in two years in light of any new allergies which may arise in the our school in the future.

Signed:

Dónal McGoey
Chairperson

Eibhlin Murphy
Acting Principal

Date: