

## **Healthy Eating Policy**

A healthy eating policy is in operation and is fully supported by pupils, parents and staff. The aim of this policy is to encourage pupils to eat healthy, well-balanced lunches, thus promoting a healthy life-style. It is important that children understand that there are a huge variety of healthy snacks and therefore lunches should be interesting. This policy was drawn up on consultation with the staff, Parents Association and the Board of Management.

### **Research has shown that Healthy Eating:**

- a) Can help improve performance in class and at play
- b) Can help improve concentration in class
- c) Can meet children's needs for growth and development
- d) Encourages good eating habits for life

### **Education with respect to healthy eating:**

- Information booklets are given to pupils on enrolment
- Updated School Policy sent to all homes
- Formally as part of class lessons in SPHE and Informally at lunchtimes
- Food Pyramid Guides and other relevant literature displayed or circulated
- Dentists invited to speak with classes
- On occasions relevant guest speakers may be invited i.e. doctor, nutritionist

### **Eating Times/Places**

10:30 Small break

12:30 Big Break

In classroom or outside, weather permitting

Senior classes assist infants at lunch time under the supervision of staff.

### **Food Hygiene and Safety Guidelines:**

Pupils are encouraged to:

- Wash hands before eating and after using toilet
- Clear their table before eating seated at their place

### **Packaging and Litter:**

In accordance with our Green Schools Programme it is recommended that pupils

- Use recyclable food and drink containers
- Recycle compost waste in school compost bin
- Take home non-recyclable packaging and leftovers in lunch box

In line with The Department of Health “Health Promotion Unit” the following table was drawn up:

HEALTHY LUNCH OPTIONS	NOT ALLOWED
<p>WATER MILK FRUIT JUICES (UNSWEETENED) LOW SUGAR DRINKS YOGURT DRINKS SOUP TEA</p> <p>WHOLEMEAL/BROWN BREAD WHITE BREAD ROLLS SCONES PITTA BREAD BAPS CRACKERS CRISPBREADS FRUIT VEGETABLES RAISINS FRUIT BREAD E.G. BRACK PLAIN BISCUITS E.G. DIGESTIVE/WHOLEGRAIN PLAIN/ HOMEMADE BUNS/CAKE FROMAGE FRAIS/YOGURTS SANDWICH FILLINGS IDEAS:</p> <ul style="list-style-type: none"> <li>• Roast beef or paté &amp; chopped tomatoes</li> <li>• Tuna, celery &amp; salad cream</li> <li>• Turkey slices &amp; coleslaw</li> <li>• Ham or cheese &amp; cucumber</li> <li>• Salmon (tinned) with cucumber</li> <li>• Corned beef &amp; sliced tomato</li> <li>• Egg &amp; onion</li> </ul>	<p>FIZZY DRINKS CRISPS POPCORN CHEWING GUM SWEETS/LOLLIPOPS CHOCOLATE CHOCOLATE BARS CHOCOLATE BISCUITS CREAM BISCUITS RICH CAKES ICED BUNS CEREAL BARS NUTS (FOR HEALTH AND SAFETY REASONS)</p>

\* *At the discretion of the school there may be occasions for celebration when treats may be given*