

## Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at St Nicholas of Myra NS 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 are reinvigorating our healthy eating policy starting from 17<sup>th</sup> September 2018.

### 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.
3. Hold a healthy eating week in September to educate and encourage children to eat healthily.

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

### Bread & Alternatives

Bread or rolls, preferably wholemeal  
Rice – wholegrain  
Pasta – wholegrain  
Potato Salad  
Wholemeal Scones  
Bread sticks  
Crackers  
Pitta bread

### Fruit & Vegetables

Apples, Banana, Peach  
Mandarins, Orange segments,  
Fruit Salad, dried fruit,  
Plum, Pineapple cubes  
Grapes,  
Cucumber, Sweetcorn  
Tomato,  
Coleslaw.

### Savouries

Lean Meat  
Chicken/Turkey  
Tinned Fish e.g. tuna/sardines  
Cheese  
Quiche

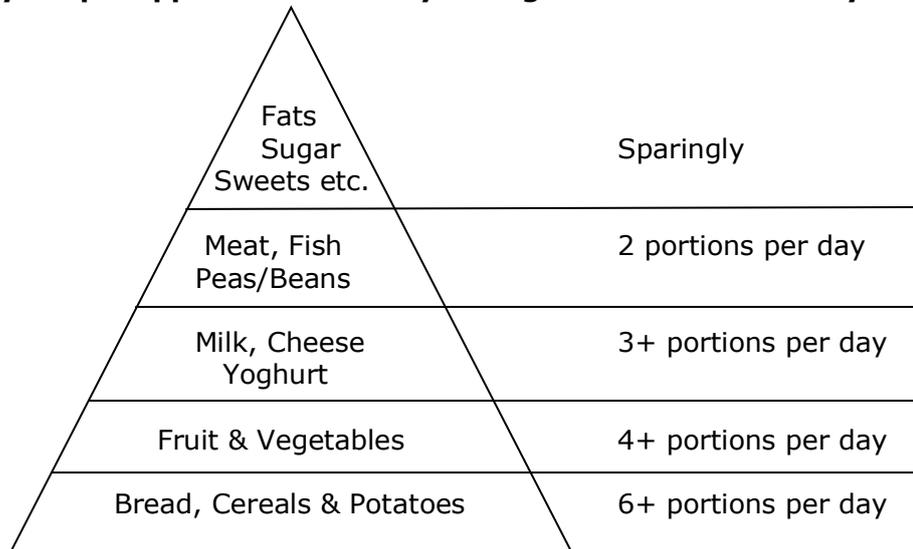
### Drinks

Milk  
Water

## 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. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

## A very simple approach to healthy eating is to use the Food Pyramid:



## Fruit/Vegetable Break

To further enforce our healthy eating policy and to encourage children to eat more fresh food, our small break every morning will be a fruit/vegetable break. Lunchboxes should contain at least one item of fruit or vegetable for children to eat during this break.

## 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)
- Smoothies and yogurt drinks – due to their high sugar content.
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders

So as to take a proactive approach to healthy lunches, teachers will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

Birthday invitations, cakes or treats are not allowed to be brought into school.

## Treats

From time to time throughout the year we will have special occasion treat days. On these, and only these days will the children be permitted to bring in food from the 'not allowed' list. Treats are not to be used as a reward scheme.



## Green Flag School

Our green school motto is:

'GET GREEN, KEEP GREEN, MAKE IT INTO A REGULAR ROUTINE!'

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons.
- not bring in cans and glass – for safety reasons.

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

This policy was adopted by the Board of Management on \_\_\_\_\_.

This policy has been made available to school personnel, published on the school website and provided to the Parents' Association. A copy of this policy will be made available to the Department and the patron if requested.

This policy and its implementation will be reviewed by the Board of Management once in every school year. Written notification that the review has been completed will be made available to school personnel, published on the school website and provided to the Parents' Association. A record of the review and its outcome will be made available, if requested, to the patron and the Department.

Signed: \_\_\_\_\_  
(Chairperson of Board of Management)

Signed: \_\_\_\_\_  
(Principal)

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date of next review: \_\_\_\_\_