

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, we encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aims:

1. To promote healthy eating habits in our school.
2. To promote the personal development and well-being of the child.
3. 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. To provide the child with healthy lunch choices daily.

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).

In our school, many families avail of nutritious free lunches provided by Fresh Today, Enniscorthy. These lunches are well balanced and varied. Some families choose to provide their daughter with a lunch they prepare at home. In choosing personal lunch items we advise you as follows:

We ask you to encourage a healthy lunch right from the start. A healthy lunch box could include some of the following: a filled sandwich, blaa or roll, (avoid chocolate spread), a piece of fruit or chopped vegetables or cheese and water to drink. Frubes, petit filous and yoghurts can be very messy for infants but are a good source of calcium for older children. [Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding.] If including yoghurts, we ask that it be yoghurt that is easily opened.

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
- Fruit winders
- **Nuts or foods containing nuts due to children with nut allergies attending the school.**

Chewing gum is banned on the school grounds.

Treat Day

Once or twice a term, a teacher may have a 'celebration / treat / party day' in school. On this day the children will be told what kind of treat they can bring in, No 'share bags' of sweets or chocolate are appropriate however.

Green Flag School:

We are a 'green school' and with this in mind, children are also asked to:

- take home (in their lunchbox) all uneaten food, containers and yoghurt cartons. Wrappings should be replaced by washable containers, where possible, to reduce waste.
- put only fruit peel into the compost bins
- not bring in cans and glass – for safety reasons. Ideally drinks should be in a plastic container / bottle that is easy to open.

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

Communication and Ratification:

- All parents are made aware of our healthy eating policy at the commencement of the year.
- Reminder note to parents during the school year when necessary.

This policy was discussed by the Parents' Association at a meeting on October 25th 2022 and again on November 15th 2022

This policy was ratified by the Board of Management on December 5th 2022

Signed:

Seán Dower Chairperson BOM