



**Scoil Phádraig Naofa Buachaillí**

## **Healthy Eating Policy**

### **Introductory statement**

Eating habits throughout life are established at a young age. Therefore, learning to choose and enjoy different foods in childhood provides the foundation for healthy food choices in adulthood. Recent research and media reports have highlighted disturbing trends including an increase in both childhood obesity and levels of physical inactivity.

Research also suggests that the provision of a nutritious lunch enhances your child's health while also helping him in his learning by improving concentration.

This policy is based on Food and Nutrition Guidelines for Primary Schools and Healthy Lunchboxes Guidelines by Safefood. It was designed by the staff, parents, pupils and management of St. Patrick's Boys' National School.

This policy is linked to

- 🚦 SPHE: Taking Care of My Body: Food & Nutrition and Making Choices
- 🚦 Science: Myself: Human Life Processes

### **Aims/Objectives**

- 🚦 To help children improve concentration, learning and energy levels.
- 🚦 To encourage and promote the importance of a balanced diet.
- 🚦 To support parents and children make healthy and enjoyable decisions around food.
- 🚦 To develop nutritional awareness i.e. ingredients in foods.
- 🚦 To support the school's environmental policy – reusable containers, minimise wrappers.

## Guidelines

Food permitted	Food/ Drinks not permitted
<ul style="list-style-type: none"> <li>○ Scone</li> <li>○ Pitta bread</li> <li>○ Cream Crackers</li> <li>○ Rice cakes</li> <li>○ Pasta</li> <li>○ Cheese(strings)</li> <li>○ Sandwiches (Brown Bread preferably) with fillings such as:               <ul style="list-style-type: none"> <li>-Cheese</li> <li>-Ham</li> <li>-Tuna</li> <li>-Chicken</li> <li>-Salad</li> <li>-Egg</li> </ul> </li> <li>○ Wraps</li> <li>○ Fresh fruit</li> <li>○ Raw vegetables</li> <li>○ Yoghurt (no chocolate)</li> <li>○ Dried fruit               <ul style="list-style-type: none"> <li>-Raisins</li> <li>-Apricots</li> </ul> </li> <li>○ Drinks               <ul style="list-style-type: none"> <li>-Water</li> <li>-Milk</li> <li>-Unsweetened Fruit Juice</li> <li>-Smoothies</li> <li>-Yoghurt drinks</li> <li>-Soup (3<sup>rd</sup> – 6<sup>th</sup>)</li> </ul> </li> <li>○ Noodles</li> <li>○ Liga</li> <li>○ Unsweetened jam</li> <li>○ Sugar free jelly</li> <li>○ Yoghurt (size suitable to child)</li> </ul>	<ul style="list-style-type: none"> <li>○ High Sugar Content               <ul style="list-style-type: none"> <li><b>-Chocolate spread sandwiches</b></li> <li><b>-Cereal-bars (every kind)</b></li> <li>-Biscuits</li> <li>-Sweets</li> <li>-Cakes</li> <li>-Buns</li> <li>-Fizzy drinks</li> <li>-Winders</li> <li>-Jelly</li> <li>-Desserts</li> <li>-Energy drinks (high caffeine content)</li> </ul> </li> <li>○ High Salt content               <ul style="list-style-type: none"> <li>-Salted Crackers</li> <li>-Pizza</li> <li>-Pre-packed processed lunch packs (ham/cheese/cracker dips)</li> <li><b>-Sausage rolls</b></li> <li>-Rashers</li> </ul> </li> </ul>
<p><b>Friday Snack (if desired)</b> This will be in addition to a healthy lunch.</p>	<p><b>Food not permitted for Health and Safety reasons</b></p>
<p><b>One</b> fun-size/small</p> <ul style="list-style-type: none"> <li>○ Biscuit bar</li> <li>○ Bun</li> <li>○ Sweet</li> <li>○ Queen cake</li> <li>○ Popcorn</li> </ul> <p><b>Anything deemed excessive or inappropriate will be sent home.</b></p>	<ul style="list-style-type: none"> <li>○ Chewing Gum</li> </ul>

- ✚ Parents/guardians of any child with a medical condition which requires a special diet should contact the school.
- ✚ School staff will provide positive modelling and supportive attitudes to encourage healthy eating.
- ✚ All classes will receive a minimum of 2 lessons on healthy eating.
- ✚ A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid (Appendix 1).
- ✚ A Friday treat will be allowed to encourage a balanced diet. This must be one small item as listed in the table above and deemed appropriate by the class teacher. No crisps or large portions of anything will be allowed.
- ✚ Food with packaging should be kept to a minimum, with pupils bringing their waste home to recycle when possible.
- ✚ One proven method of reducing packaging is to use plastic reusable bottles for drinks.

### **Exceptions**

- ✚ Biscuit bars/sweets are allowed on end of term parties.

### **Promotion of Policy**

- ✚ Parents, staff and pupils will promote the policy throughout the school week.

### **Links**

- ✚ <http://www.safefood.eu/Home.aspx>
- ✚ <http://www.healthpromotion.ie/hp-files/docs/HPM00796.pdf>

### **Review**

- ✚ This policy will be reviewed in the school year 2015/16 or sooner, if it is deemed necessary.

### **Ratification and communication to the Board of Management**

This policy was ratified by the Board of Management & Parents' Council on \_\_\_\_\_. It will be reviewed on \_\_\_\_\_.

