

Healthy Eating Policy

November 2023

As part of the Social, Personal and Health Education (SPHE) Programme, Scoil Naomh Náille encourage our pupils to become more aware of the need for healthy food in their daily diet.

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). It is the responsibility of parents to ensure that children have a healthy lunch at school daily.

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, 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.

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). We ask you to provide a healthy lunch for your child on a daily basis.

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
Pasta
Couscous
Potato Salad
Wholemeal Scones
Breadsticks
Crackers, Pitta Bread
Plain home baked goods i.e. scone
Bagels
Plain Crackers
Rice Cakes

Fruit & Vegetables

Apple, Orange, Banana, Peach,
Straw/Black/Rasp/Blue berries,
Fruit Salad, Dried Fruit, Grapes - cut,

Savouries and Sandwich Fillers

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

Drinks

Water
Fruit juices
Diluted drinks (low/no added sugar)

Plum, Peach, Pear, Pineapple Cubes etc.
Sweetcorn, Carrot, Cucumber, Peppers,
Broccoli, Celery, Lettuce, Tomatoes etc.

Yoghurt
Milk

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:

- All crisps
- All sweets
- Chocolate biscuits/bars or chocolate/icing on home baked goods
- Bread/yoghurts/bars/buns/biscuits containing chocolate or chocolate spread.
- Chewing gum
- Fruit winders
- Fast food
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sports and other energy/isotonic drinks
- Lollipops

Treat Day

On treat days (which in Scoil Naomh Náille is a Friday), school trips and school events, one treat can be included in children's lunchboxes. Treats may also be used occasionally as school rewards.

Green Flag School

In keeping with our green school ethos children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- use reusable drink cartons and containers.
- 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.

Review and Ratification

This policy was initially drawn up and ratified by the Board of Management in 2014. It was reviewed in 2018 and again in November 2023 and was ratified by the Board of Management on 11th December 2023.

This policy will be reviewed in October 2027.