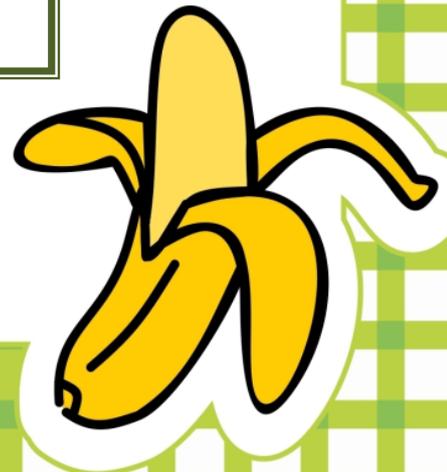
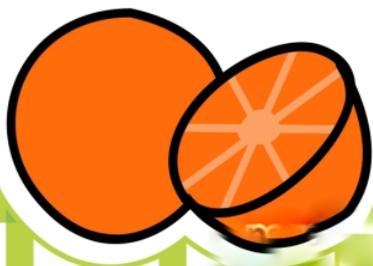
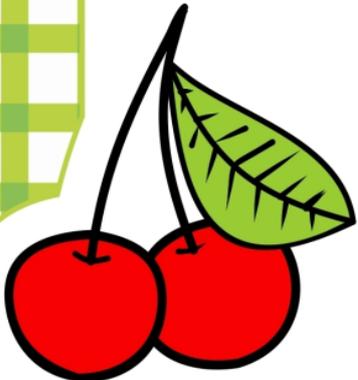


Our Healthy Eating Policy



Rationale

As part of our SPHE Programme we encourage children to learn about healthy eating at an early age in order to ensure lifelong healthy food choices.

Healthy eating is important for: -

- General growth and development
- Maintaining good teeth and strong bones
- Improving concentration and behaviour
- Preventing obesity



Aims

- To promote the personal development and wellbeing of the child
- To enable the child to accept some responsibility for making wise food choices and adopting a healthy diet.
- To protect the health and safety of children with serious food allergies

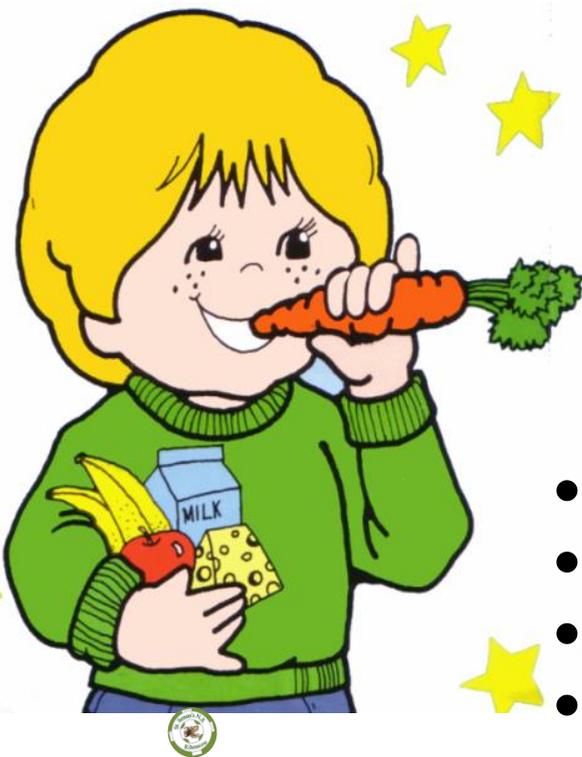


Packaging

Where possible, lunches should be packed in resealable containers/boxes. Cans and glass bottles are not permitted for drinks.

Foods permitted

- Sandwiches, rolls, wraps, pitta bread with meat, cheese, salad, egg, tuna etc.
- Crackers, oat cakes, rice cakes
- Fruit – peeled/chopped for smaller children
- Homemade bun, slice of cake, flapjack, pancakes
- Homemade quiche/pizza
- Vegetables – chopped
- Yoghurt/Rice
- Dried fruit
- Salads
- Pasta
- Nuts



Drinks permitted

- School milk
- Water
- Juices with low sugar content
- Homemade smoothies

Foods not permitted

- Chewing gum
- Crisps
- Chocolate
- Chocolate spread
- Sweets
- Biscuits
- Popcorn
- Cereal bars
- Frubes/tube yoghurts
- Processed baking e.g. Danish pastries, pain au chocolat etc.



Drinks not permitted

- Fizzy drinks
- Energy drinks
- Capri Suns or Juice Cartons
- Flavoured milk
- Yoghurt drinks
- Hot drinks/soup
-



Treats

- Children will be allowed have small treats on special occasions e.g. Easter, School Tour, Sports Day, Halloween, Christmas
- Any other special or exceptional occasions chosen by teachers/school

Allergies

On occasion an individual class may be advised that a particular food is not permitted e.g. nuts, in order to protect a child with a serious allergy. Parents are asked to adhere to any such instruction.

Implementation

This policy was ratified at the Board of Management meeting in February 2017 and will be implemented during Healthy Eating Week in March 2017.

How Parents/Guardians can help

The success of this policy is dependent on positive parental/guardian involvement. Firstly, we would ask that you adhere to this Healthy Eating Policy. Children should be encouraged to design and make their own lunches. The next two pages of this booklet are blank. On these pages children should list the lunch items that they enjoy and that also fall within our policy. Do send in suggestions and these may be included in future printings of this policy. We would also ask you to ensure that every child has a proper breakfast before school. In the unlikely event that children bring lunch items to school that do not comply with our policy, these items will be put back into the lunchboxes and remain unconsumed. Class Teachers will encourage and help the children to adopt this policy but, ultimately, it will be the fridges and larders in the homes that will be responsible for providing healthy food for the children coming to school.

Review

This policy will be reviewed at the end of each school year or earlier, if necessary.

