

Healthy eating policy

This policy was formulated having consulted with the school community, parents, teachers, children, Board of Management and Parents Association.

The school recognises the link between healthy lifestyles, pupil behaviour and the ability to learn effectively. We want to differentiate between a healthy and unhealthy diet and appreciate the role of balance and moderation.

Our school cherishes all pupils equally and wishes to aid them in achieving their true potential through promoting and maintaining healthy lifestyle



habits.

Aims:

- To heighten the awareness of the importance of a balanced diet
- To encourage the pupils to make wise choices about food and nutrition
- To raise the levels of concentration in class due to consumption of healthy food
- To make the provision and consumption of food an enjoyable experience

A healthy lunch:

All children should bring a healthy and wholesome lunch to school. Lunches should be composed of a variety of foods and include at least one item from the different food groups. There should be something in the lunch box from

1. Fruit and vegetable group. Some typical choices are a whole fruit, a fruit juice drink, vegetable soup, salad or cooked/raw vegetables.
2. Cereal group. This includes bread, rice, pasta, potatoes or pitta bread.

3. Dairy group. Milk, cheese or yoghurt.
4. Protein-rich food. Meat, chicken, fish, egg, beans, peas, lentils or cheese.

The following foods are suitable for lunches:

Whole fresh fruit	Fruit juice	Vegetable soup	Batons of raw vegetables
Salad veg. in sandwiches	Wraps/rolls	Crackers	Sandwiches
Fruit chunks in ready to peel packs	Rice cakes	Bread sticks	Pasta salad
Homemade fruit salad	Potato salad	Rice salad	Bean salad
Cheese triangles	Pasta salad	Yoghurt drinks	Smoothies
Tinned fish in brine	Fromagefrais	Yoghurt pots	Cheese
Chicken	Turkey	Beans	Ham
Egg	Oatcakes	Flapjacks	Milk/water/non-fizzy drinks

The following foods are not allowed: (exceptions being end of term, school events etc.)

Crisps	Pringles	Tortillas	Peanuts
Cans of fizzy drinks	Sports drinks	Chocolate bars	Muffins
Sweets	Gum	Toffee	Fudge
Croissants	Danish pastries	Doughnuts	Biscuits