



HEALTHY EATING POLICY

INTRODUCTION

Scoil Treasa Naofa is committed to ensuring that all members of the school community (children, staff and parents) develop positive and responsible attitudes to eating and appreciate the contribution that good food makes to human health.

AIMS & OBJECTIVES

This policy aims to

- Help children and parents make healthy food choices
- Improve the children's concentration and energy levels
- Develop an awareness of nutrition i.e. ingredients of food

ROLES AND RESPONSIBILITIES

Role of the Parents

- Encourage healthy eating by providing a healthy, well-balanced lunch for their child, (refer to food pyramid below)
- Inform the school, in writing, of any child's special dietary needs
- Implement the school's policy by not allowing their child to bring fizzy drinks, chocolate, crisps, cereal bars, rice crispy bars, gum or sweets to school
- Enhance the Green School efforts of Scoil Treasa Naofa by reducing packaging and reusing bottles and lunchboxes where possible

Role of the Child, Teacher and Staff

- To eat their lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring fizzy drinks, chocolate, crisps, cereal bars, rice crispy bars, gum or sweets to school
- To follow the Green Schools code and use the correct bins when disposing of waste (food waste, dry recyclables, rubbish)

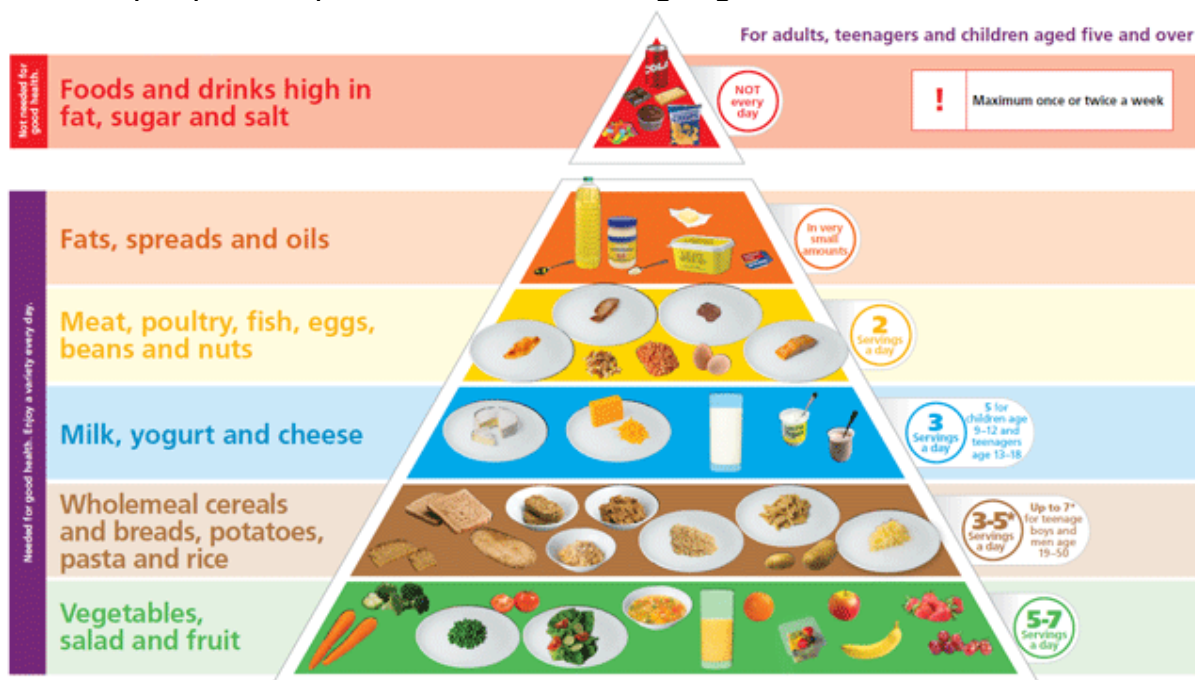
Role of the School

The school will

- promote and encourage healthy eating
- deliver lessons on healthy eating through the S.P.H.E programme and other curricular subject areas
- from time to time, invite people with expertise in the area of healthy eating to talk to the children and parents about this topic
- deliver lessons advising pupils on lifestyle and fitness
- contact parents/guardians by phone if their child attends school without a lunch
- **NOT** allow banned food or drink to be consumed during the school day

A HEALTHY LUNCH

A healthy lunch contains food from the lowest 4 levels of the Food Pyramid. Nutrition is an incredibly important part of life for school-going children.



LUNCH IDEAS

Choose one item from each group. Use butter and mayonnaise sparingly.

<p>Bread</p> <ul style="list-style-type: none"> •Wholemeal Bread •Brown/White Soda Bread •Brown/White Bread Rolls •French Sticks •Pitta Bread •Scones •Crackers •Crispbread/Rice Cakes 	<p>Fillings</p> <ul style="list-style-type: none"> •Chicken •Ham •Turkey •Egg & Onion •Cheese •Tuna/Sardines/Salmon
<p>Fruit & Vegetables</p> <ul style="list-style-type: none"> •Mandarin/Apple/Banana/Strawberry •Kiwi •Pear •Grapes •Salad veg., e.g. lettuce, tomato •Vegetable sticks 	<p>Drinks</p> <ul style="list-style-type: none"> •Milk •Water •Yoghurt •Homemade Soup •Unsweetened Fruit Juice •Sugar Free Squashes

Preferred, Appropriate and Healthy Snacks:

- Yogurts
- Fromage frais
- Fresh fruit
- Portion of homemade popcorn
- Raisins

There is a ban on the following foods/drinks:

- Rice crispy squares
- Cereal bars
- Chocolate bars
- Sweets
- Fizzy drinks
- Chewing gum
- Crisps

BANNED FOOD AND DRINK

If a child brings any *BANNED* food or drink (as listed above) to school, the child will be reminded of the healthy lunch policy and the banned food will return home with the child.

EXCEPTIONS

On occasions, exceptions to our Healthy Eating Policy are made, based on the professional discretion of the teachers. These exceptions include end-of-term parties or school events (Grandparents Day, graduations, school celebrations, school tours).

IMPLEMENTATION

This policy will be implemented from January 2019. During this month each class teacher will discuss the food pyramid and this policy with their class.

Each class will complete at least two lessons on healthy eating during the school year based on the S.P.H E. programme.

Information for parents/guardians on healthy lunches will be displayed on the school website and a *Safefood Healthy Lunchboxes* leaflet will be given to every family.

MONITORING & REVIEW

This policy will be monitored on an on-going basis. It will be reviewed by the Board of Management (BoM) in consultation with staff, parents and pupils at the end of year one and then every 2nd year. Should the review indicate matters to be addressed, the BoM will ensure that these are followed through.

RATIFICATION AND COMMUNICATION

This policy was circulated and communicated to members of the school community following its ratification by the Board of Management (BoM) on 05/03/2019.

Ratified at BOM meeting held on _____

Signed : _____

Chairperson