



# Scoil Oilibhéir Naofa

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## Healthy Eating Policy

### Introduction

This policy was devised by the staff and parents of Scoil Oilibhéir Naofa, after consultation with students, to promote healthy lunch eating. As part of the SPHE Programme, the children are encouraged to become more aware of the need for healthy lunches and healthy eating.

### Aims/Objectives

Scoil Oilibhéir's Healthy Eating Policy is geared towards:

- Promoting the personal development and well-being of each child.
- Promoting the health of the child and providing a foundation for healthy living in all its aspects.
- Enabling the child to appreciate the importance of good nutrition for growing, developing and staying healthy.
- Enabling each child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.
- Exercise is a vital part of a healthy lifestyle. We support daily activity both in school and at home.

### Content

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). The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some may find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

The following guide was drawn up from suggestions given by parents and children. It is designed to help you provide quick, appetising and nutritious lunches for your children.

#### Bread and Alternatives:

Bread/Rolls – preferably brown or wholemeal, rice, pasta, crackers, unsalted rice cakes, wraps.

#### Savories:

Lean meat e.g. chicken, turkey, tuna, ham. Soup, cheese, yoghurt (be aware that some yoghurts have a very high sugar content), Actimel 0% Fat.

#### Fruit and Vegetables:

Apples, banana, peach, mandarins, orange segments, pomegranate, dried fruit, plum, pineapple cubes, grapes, berries, kiwi, pear, fruit salad, cucumber, tomato, sweetcorn, carrot sticks, salad.

## Drinks

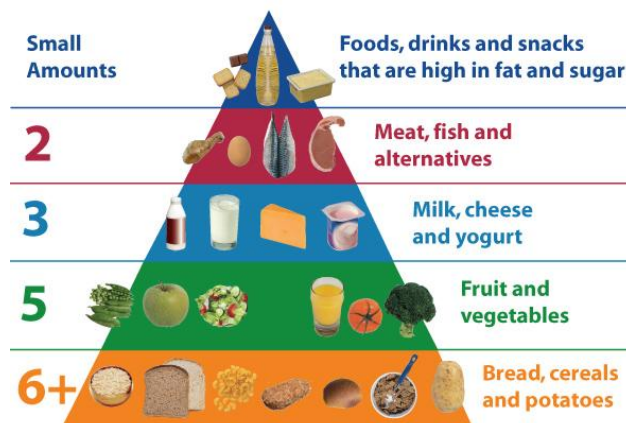
We have chilled filtered water available to children at school and we strongly encourage it as the healthiest drink. Please use re-usable beakers if possible as we are trying to keep our Green Flag practices in place.

Some children have allergies to foods such as nuts, eggs, etc. A note is sent home at the start of the year requesting children not to have these foods in their lunches during the year

Children may have a treat on Fridays. We are discontinuing the practice of children bringing birthday treats to school for their classmates. On Friday, children may include some items from the top shelf of the food pyramid in their lunches, however the following items are prohibited in the school:

Chewing gum	Full sized bars	Jellies or sticky sweets
Lollipops	Popcorn/crisps	
Fizzy drinks	Nuts	

Fun-size chocolate bars, eg, Dairy Milk squares, Mars/Milky-Ways are permitted



## **Education**

Once a year, during the first term, we aim to hold a one day event, to highlight the importance of healthy eating. As part of our SPHE programme, emphasis will be put on the importance of eating a healthy balanced diet, and we ask parents to encourage their children to complete their lunches each day.

## **Review**

This policy was reviewed and approved by the Board of Management in May 2015 and will be reviewed in May 2018, or when deemed necessary.

*Fr Stan Deegan*

Signed \_\_\_\_\_

Date : 7<sup>th</sup> May 2015

Fr. Stan Deegan,  
Chairperson, BOM