



Scoil na Croise Naofa, Mahon **Healthy Eating Policy**

Introduction

A working group of parents, pupils and teachers, supported by staff and the Board of Management, originally drew up this policy. It was reviewed in October 2016 and again in September 2020.

The whole school community is responsible for promoting healthy eating.

Aims of this policy:

- To promote the personal development and wellbeing of the child.
- To promote the health of the child and provide a foundation for healthy living.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.
- To keep teeth strong and healthy.
- To combat obesity and reduced levels of physical fitness.
- To encourage all pupils to avail of the free school meals scheme provided by the Department of Social Welfare (Carambola Lunches)

Meals

- We believe that a healthy breakfast is an important start to the school day
- A healthy lunch should provide one third of a school-going child's recommended daily allowance of nutrients

- In our school, there are two lunch breaks and the children eat in the classrooms, under supervision, before going out to the playground.

Our Healthy Lunch Guidelines

Healthy lunch suggestions:



- Sandwiches, rolls, wraps with cheese, meat or other fillings (provided by the school lunches)
- Pitta bread, crackers, pasta
- Fruit (peeled and chopped for small children), raisins
- Vegetables/salad (washed and chopped)
- Yoghurt (easy to open)
- Rice cakes, breadsticks
- All other foods provided by our lunch supplier that have been deemed as suitable.
- Healthy drinks i.e., milk and water.

Items not allowed:



- Crisps, popcorn
- Fizzy drinks or energy drinks
- Chocolate and chocolate products
- Sweets, lollipops, chewing gum
- Biscuits, cakes
- Parents are not allowed bring hot food i.e. hot chicken rolls, chips etc. into the school for their children.

The above items are strictly forbidden. The children will bring **all** unsuitable food/drinks home in their lunch box.

WE ARE A NUT FREE SCHOOL! Some children in our school nut allergies - NO child in the school is allowed bring in nut products. This includes chocolate spreads (e.g. Nutella) etc.

Please note:

- Parents are asked not to send in Birthday cakes or party bags.
- Pupils are not allowed to share or swap lunches.
- Treats may be facilitated on special school occasions.



How to help at home:

- Talk to your children about healthy eating.
- Give good example at home.
- Encourage children to read the labels on food.
- Eat plenty of fruit and vegetables.
- Look into your child's school bag and check what was /was not eaten on a daily basis.
- Change your child's lunch regularly by going on to www.carambola.ie and logging on to the parents' section using the number on the label on your child's food bag.
- Google information on the Food Pyramid.

Waste disposal

- Scoil na Croise Naofa is a Green Flag School. All uneaten food, empty drinks cartons and packaging are taken home daily.



Implementation, Review and Communication

Amendments to this policy were approved by the Board of Management in September 2020. The policy will be reviewed every four years or earlier, if necessary. We will know that the policy is effective when healthy eating has become a habit for everyone. **Next Review Date: September 2024**

Copies of the policy are available on the school website and from the Principal's Office and Parents' Room on request. Copies will be sent home in classes where the teacher has identified improvements are needed.

Signed:

(Principal)

Signed:

(Chairperson B.o.M.)