



Healthy Eating Policy May 2021

As part of the Social, Personal and Health Education (SPHE) Programme, at Yellow Furze NS we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life). To promote healthy eating habits in our school, we introduced a healthy eating policy over 20 years ago.

Aims

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

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.

You should try to include a wide variety of foods – fruit & vegetables, starchy foods, protein and dairy

- Add interest to the lunchbox – try some of the following ideas:
 - Vary the types of bread for example, pitta bread, bagels, whole-meal rolls
 - Cook extra rice or pasta in the evening – these can make great salads
 - Try a pasta salad or filled tortillas
- Fluids are important for children – up to 6 cups of fluid should be encouraged daily. Milk and water are the best options.
- Get your child involved in packing lunches. Let them help choose some element of their lunch.

Children have 2 breaks during the school day - Small break at 11.00am (10 mins.) and lunch from 12.50 – 1.20pm.

- Children take a snack out with them at the 11am break and have a short period either before or after big break to eat their food as per the Dept. of Education & Skills Guidelines.
- Please bear this short time in mind when preparing lunches and give suitably sized portions or separate lunch boxes for snacks and lunch. As this is a Green School committed to the practice of 'Reduce, Reuse and Recycle', please do not use plastic to wrap your child's lunch and, so that you know what your child has eaten throughout the day, the leftovers go home, fruit goes into the compost bin and we do not allow cans or glass in the classroom.

Note 1:

Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

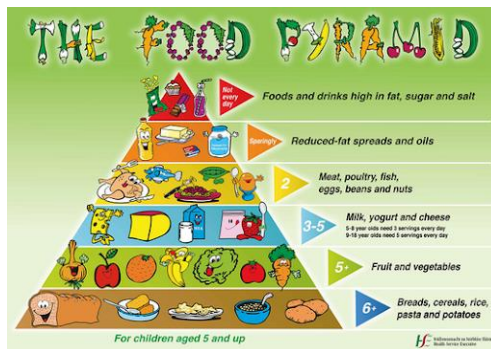
Note 2:

If your child is allergic to a specific food, please inform the school so that other parents in the class can be alerted and exclude that food from lunch boxes.

Note 3:

Please select a lunchbox that your child can easily open and close without assistance. Also choose a drinks bottle that is leak-proof.

A very simple approach to healthy eating is to use the Food Pyramid:



Selecting your child’s lunch options from across the selections in the boxes below will ensure that over the week he/she will have a balanced diet. Check out websites such as www.safefood.net/family for lots of ideas on colourful healthy lunches.

- Bread/ Pasta
Rice/Grains**
- Bread slices
 - Rolls
 - Wraps
 - Baps
 - Pitta breads
 - Naan breads
 - Bagels
 - Crackers
 - Rice cakes (plain or yoghurt)
 - Homemade Pancakes
 - Pasta, Rice, Quinoa

- Proteins**
- Lean meats
 - Sliced chicken
 - Fish
 - Hummus
 - Egg
 - Nuts & Nut butters
(not allowed if child in class has an allergy)

- Fruits**
- Apple
 - Orange
 - Sliced Grapes
 - Banana
 - Pears
 - Blueberries
 - Strawberries
 - Raspberries
 - Pineapple
 - Mango
 - Dried fruits

- Vegetables / Seeds**
- Salad leaves
 - Cherry tomatoes
 - Cucumber sticks
 - Peppers
 - Carrots sticks
 - Celery sticks
 - Avocado
 - Trail mix

- Dairy**
- Cheese
 - Yoghurt
 - Kefir
 - Milk
 - Smoothies
 - Home Made Custard

- Drinks**
- Water
 - Sugar free squash
 - Milk
 - Smoothies

- Occasional Friday treats**
- Small amount of Popcorn
 - Plain homemade bun
 - Plain or fruit homemade scone

- Not Allowed**
- Crisps
 - Fizzy drinks
 - Energy Drinks
 - Fizzy flavoured water, Sweets, Chocolate biscuits
 - Chocolate bars or croissants
 - Cereal bars, Breakfast bars or ‘Healthy’ bars.
 - Chewing gum
 - Fruit winders
 - Chocolate or Hazelnut spread
 - Chocolate flavoured yoghurts.
 - Split pot yoghurts with sweets /chocolate/ candy.
 - Chocolate rice cakes
 - Dunkables
 - MooJu or other flavoured milks
 - Hot Chocolate drink
 - Pepperoni sticks
 - Custard - Shop bought
 - Rice pudding



This policy was ratified by the Board of Management on May 27th 2021.It will be reviewed in 2024.