



ST. BRIGID'S GNS KILLESTER HEALTHY EATING POLICY

As a Health Promoting School (HPS) & Active School, and as part of the Social, Personal and Health Education (SPHE) Programme, we encourage the children and staff 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).

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 (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some 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 is designed to help you provide quick, appetising and nutritious lunches for your children:

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice- wholegrain
Pasta- wholegrain
Potato Salad
Wholemeal Scones
Bread sticks
Crackers
Pitta Bread

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g. tuna/sardines
Cheese
Quiche
Pizza (homemade)

Dairy

Yoghurt- Low fat/fruit
Cheese

Fruit & Vegetables

Apples	Banana
Peach	Mandarins
Orange segments	Dried Fruit
Cucumber	Sweetcorn
Tomato	Coleslaw

Drinks

Still Water
Milk

Pupils are encouraged to eat at least one portion of fruit or vegetable during morning snack time.

Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage her to have a carton of yoghurt or a small helping of cheese instead. Dublin City Council provide us with free milk and fruit daily as part of their health promotion programme. This is available to every child in the school.

Permitted / Non- Permitted Food & Drinks

A list of the food & drinks that are permitted and not permitted are outlined in poster format in Appendix 1. This poster will be displayed in classrooms and on parent noticeboard.

We ask that children do not bring the following to school:

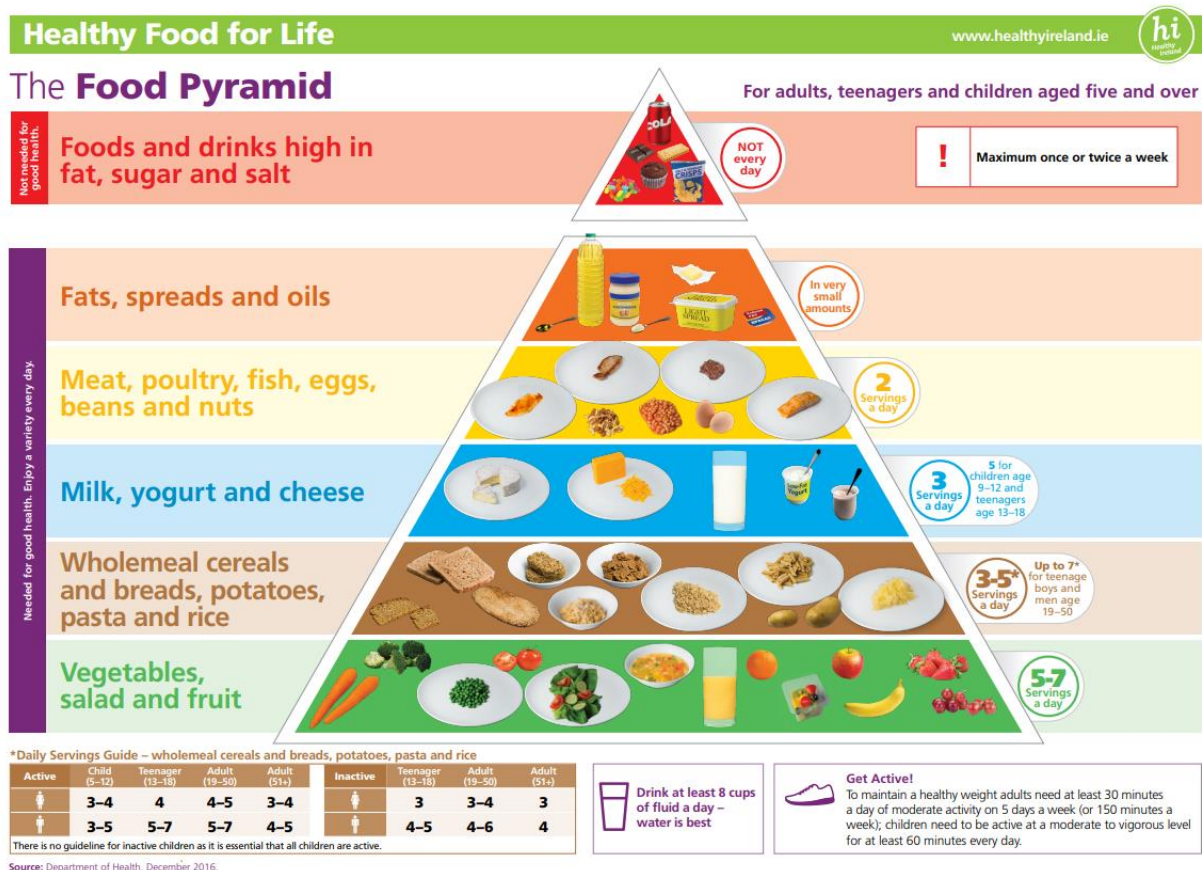
Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Non-healthy drinks (including fizzy fruit-flavoured water, diluted juices, etc.)
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders
- Hot deli food
- Popcorn

- Nuts
- Nutella

Teachers will give positive feedback to the pupils who are committed to our healthy eating policy. Treats are permitted sparingly during the year (e.g. bake-sale, festive seasons). Otherwise, non – food rewards are to be used (e.g. stickers, homework vouchers, star charts).

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



A section of our school website is dedicated to providing information to parents and pupils on Healthy Eating and Dental Hygiene. (Appendix 2: Tips for a Healthy Lunch Box & Sample Week's Lunch)

GREEN FLAG SCHOOL

Our green school motto is:

Think Before You Put It In. Always Use the Recycle Bin.

With this in mind children are asked to:

- Take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- Not bring in cans and glass – for safety reasons

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

This policy was reviewed during the school year 2021/2022 and ratified by the BOM on 8th February 2022



This policy will be reviewed in four years or sooner in light of best practice or as needed.

Signed: *Carmel Reid* Chairperson, Board of Management

APPENDIX 1

Food & Drink Permitted

Food & Drink Not Permitted

	
<ul style="list-style-type: none">• Still Water• Milk• Fruit & Vegetables• Wholemeal Cereals, Breads, Potatoes, Pasta, Rice• Crackers• Cheese• Low fat/ Fruit Yoghurt• Meat, eggs, fish	<ul style="list-style-type: none">• Non-healthy drinks (including fizzy drinks, diluted juices, processed smoothies, flavoured water, yogurt drinks)• Crisps• Sweets• Chocolate bars• Cereal Bars• Chewing Gum• Nuts• Nutella• Fruit Winders• Hot Deli Food• Popcorn

Appendix 2

Tips for healthy lunch boxes:

- Include a wide variety of foods, making sure to include foods from all food groups: carbohydrates, fruit and vegetables, dairy and protein.
- Keep the contents varied. Use different bread rolls, wraps, pitta breads to keep things interesting.
- Use leftovers from the previous dinner: pasta and rice salads can make a nice change to sandwiches.
- Make sure to include fluid. Children need 6 glasses per day. Milk and water are the best choices.

Portion sizes:

At least one portion from the fruit and vegetables food group:

- 1 medium apple, orange, banana, pear
- 2 small fruits: plums, kiwis
- 1 small bunch of grapes (10) or strawberries (10)
- 1 heaped dessert spoon of dried fruit: sultanas
- 1 small bowl of salad (dessert bowl of, for example, lettuce, tomato, cucumber)
- 3 tablespoons vegetables: carrots, peppers
- 1 small bowl vegetable soup

One portion from the meat and meat alternatives group:

- 50-75g (2 slices) cooked meat
- 1-2 eggs (hard boiled, mashed)
- Small can (100g) tuna, mackerel, sardines
- 4 tablespoons hummus

One portion from bread and cereals group:

- 2 slices bread
- 1 small pitta
- 1 small bread roll
- 1 tortilla wrap
- 4-6 crackers
- 1 cup cooked rice, pasta, couscous

One portion from dairy group:

- 1 glass milk (200ml)
- 1 pot natural or low-fat yoghurt (125ml)
- 2 thumb sized portion (25g) of cheese: cheddar, Edam, Gouda
- 2 cheese triangles

Sample week's lunch



Monday:

Small wholemeal pitta bread with tuna and peppers
Mandarin orange
Small Apple
Yoghurt
Water

Tuesday:

Wholemeal bread sandwich with chicken and sweetcorn
Handful of grapes
Banana
Milk

Wednesday:

Small wholemeal bread roll with cheddar cheese and tomato
Carrot sticks
Pear
Yoghurt
Water

Thursday:

Pasta salad with cooked ham and peas
2 crackers with cheddar cheese
Handful of cherry tomatoes
Plum
Water

Friday:

Small bagel with cream cheese
1/2 wholemeal scone
Slices of cucumber
Kiwi
Milk