

## Whole School Food Policy

As part of the Social, Personal and Health Education (S.P.H.E) Programme of Scoil Eoin, we encourage the children to become more aware of the need for healthy food in their lunch boxes.

As a primary school, we are also encouraged by the D.E.S and the Dept. of Health and Children, to promote healthy attitudes to food and eating in our school. We endeavour to do this by means of a Whole School Food Policy which is taught formally as part of the SPHE programme and in a practical manner by encouraging the children to bring healthy food for lunch.

We encourage and acknowledge the support and cooperation of parents in this work.

### Rationale:

Many of the choices you make for your children today will influence their health in the future. One decision you make every day involves the choice and preparation of school lunches.

Healthy eating habits started in childhood, will stay with your children forever and influence their chances of a healthier life. Children grow and develop at a fast rate. Therefore, they need a high quality diet which contains adequate energy, proteins, vitamins, minerals and fibre.

### 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.
3. To inculcate healthy attributes to food and eating at an early age.
4. To acknowledge the proven link between good nutrition and good learning.

## 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.

Apart from the well-known health and dental reasons for healthy lunches, research has shown that much of poor concentration and hyperactivity in children is caused by nutritional imbalances.

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).

We ask you to encourage a healthy lunch right from the start.

The following guide is designed to help provide quick, appetising and nutritious lunches for your children.

### **Breads & Alternatives**

Bread or rolls, wholemeal

Rice-wholegrain

Pasta-wholegrain

Wholemeal scones

Pitta bread

Wraps

Plain Muffins

Oatcakes

Breadsticks

Rice cakes

### **Savouries**

Lean meat

Chicken/Turkey

Tinned fish e.g. tuna

Cheese

Quiche

Olives

Seeds

Hummus

## **Fruit & Vegetables**

Apples, banana, peach, mandarins

Orange segments, fruit salad, dried fruit.

Grapes, plum.

Cucumber, sweetcorn.

Tomato, coleslaw.

Carrot sticks.

Melon slices.

## **Drinks**

Milk

Water

Fruit juices (natural)

Homemade smoothies

### **A word about milk**

Growing children should get about 500ml of milk per 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 milk at lunch, encourage him/her to have a carton of yoghurt or a small helping of cheese instead.

### **Why drink water?**

We need to drink water throughout the day to replace water used through metabolic activity and exercise.

## **Foods not allowed in school**

Crisps.

Fizzy Drinks.

Chocolate, sweets, lollipops or jellies.

Chewing gum.

Cakes, biscuits, pastries or doughnuts.

A healthy lunchbox includes

- At least two portions from the bread/cereals group.
- One portion from the meat and the meat alternatives group.
- 2-3 portions from fruits and vegetables.
- One portion from the dairy products.

## Success Criteria

This policy will have achieved its goals if...

1. The children enjoy healthy food in school.
2. The children realise the contribution a good diet makes to their overall development, growth and general wellbeing.
3. The policy gains general support from all the partners in Education involved in our school.
4. The children develop healthy attitudes towards food and eating.

## Implementation

If the children bring prohibited food or drink into school, they will be asked by the class teacher to bring it home. Note: Parents/guardians of any child with a medical condition, which requires a special diet, should contact the school.