



Healthy Eating Policy

Lackamore NS

As part of the Social, Personal and Health Education (SPHE) Programme at *Lackamore 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 certain diseases. A low salt intake reduces the risk of heart disease in later life).

The aims of this policy are:

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

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. 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	Savouries
Bread or rolls, preferably wholemeal	Lean Meat
Rice – wholegrain	Chicken/Turkey
Pasta – wholegrain	Cheese
Potato Salad	Quiche
Wholemeal Scones	Pizza
Bread sticks	
Crackers	

Pitta bread	
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Fruit & Vegetables	Drinks
Apples, Banana, Peach Mandarins, Orange segments Fruit Salad, dried fruit Plum, Pineapple cubes Grapes (cut in half) Cucumber, Sweetcorn Tomato Coleslaw	Milk Water

The following is a list of foods and drinks children are not allowed to bring to school:

- Crisps (including crisp-style snacks)
- Sweets
- Jellies
- Chocolate biscuits/bars
- Food containing chocolate i.e. pain au chocolat, chocolate rice cakes, cereal bars
- Chewing gum
- Fruit winders
- Lollipops
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)

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

Fats, Sugars, Sweets	Sparingly
Meat, Fish, Peas, Beans	2 portions per day
Milk, Cheese, Yoghurts	3 + portions per day
Fruit and Vegetables	4 + portions per day
Bread, Cereals and Potatoes	6 + portions per day

Green Flag School

As we are a Green School the children are asked to:

- use paper lunch bags or reusable lunch boxes
- use reusable beakers/ drink containers
- not to use cling film or tinfoil
- not to bring in cans and glass – for safety reasons.
- take home all uneaten food and put only fruit peel into the compost bins

Treat Days

Occasionally children will be allowed to bring a treat to school e.g. day of school holidays, school tour days etc. This should be one small treat.

Children with medical conditions or allergies

Parents/guardians of any child with a medical condition which requires a special diet **or** whose child has a food allergy should contact the school in writing with details.

A record of all children with underlying medical conditions and food allergies is kept at the school. This record is reviewed annually.

Parents will be informed if there is any food not allowed in school because of a food intolerance/allergy.

Implementation

Ratified by Board of Management and communicated to the school community.

Signed:  _____

Lily Phelan
Chairperson, BOM

Date: 1/6/22