

# Scoil Íde Healthy Eating Policy



## Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at Scoil Íde 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 in 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 type two. Diabetes type one is a genetic autoimmune disease, not related to diet. A low salt intake reduces the risk of heart disease in later life).

To promote healthy eating habits in our school, we are introducing a healthy eating policy starting from September 2022.

### 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 increase school community awareness of allergies, especially nut related allergies.

### 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.
3. To enable the school to provide an environment free from nuts and nut-based products to minimize the risk for children with documented or undocumented allergies to nut products.

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 sample is a guide designed to help you provide quick, appetising, and nutritious lunches for your children

#### Carbohydrate

Bread or rolls  
Rice  
Pasta  
Potato Salad  
Wholemeal Scones  
Bread sticks  
Crackers  
Pitta bread

#### Savoury

Lean Meat  
Chicken/Turkey/Beef  
Tinned Fish e.g. tuna/sardines  
Cheese  
Quiche

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## **Fruit & Vegetables**

Apples, Bananas, Peaches  
Mandarins, Orange segments,  
Fruit salad, dried fruit,  
Plum, Pineapple cubes  
Grapes, Cucumber, Sweetcorn  
Tomato, Coleslaw

## **Drinks**

Milk  
Fruit juices  
Squashes, i.e. low sugar  
Fruit Yoghurt

## **A word about 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 milk at lunch, encourage him/her to have a carton of yoghurt or a small helping of cheese instead.

## **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)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars/yogurts
- Chewing gum
- Popcorn
- Nuts
- Nutella (including hazelnut products)

So as to take a proactive approach to healthy lunches, teachers will from time to time, verbally acknowledge children who can show a piece of fruit or other healthy foods in their lunchboxes.

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



## Understanding the food pyramid



For more information on healthy eating [www.safefood.eu](http://www.safefood.eu)



### Treat Day

Friday will be our treat day. On this day, children may have one treat item. Please note chewing gum, popcorn, nuts and nut products are not permitted.

### Allergies

We have a number of pupils who are allergic to nuts or nut-based products, so we ask you to be cognizant of this fact as you prepare your child's lunch and not to include any nut-based products including popcorn. Sharing of lunches is not permitted.

### School Rewards

School/staff may from time to time organise rewards such as hot chocolates, pizzas, visit from the ice cream van etc. These events are seen as big rewards and occasional occurrences. Anyone with an intolerance or allergy will be given an alternative treat.

### Birthdays

Scoil Íde asks parents not to send in cakes/sweets etc with their child for the class. We acknowledge that this is a lovely gesture, but mindful it creates a precedent. Not everyone wants to do this.

### Green School

Children are also asked to:

- take home (in lunchbox) all uneaten food, fruit peelings, silver paper, wrappings, containers and cartons.

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- not bring in cans/glass, sharp cutting objects – 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 sent to the parent community during September 2022.

This policy was ratified by the Board of Management on 26/10/2022.

**Paul Molony**

Chairperson of Board of Management

A handwritten signature in blue ink that reads 'Paul Molony'.

It will be reviewed during October 2024.