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HEALTHY EATING POLICY

Introductory Statement: This policy has been revised in collaboration with the Healthy School Committee, Staff, Parents Council & Board of Management. A special thank you to Ruth Kilcawley (parent and Consultant Dietician) who was very generous with her time and expertise. This policy is a working document reviewed annually.

Rationale:

Food and drink are an essential part of our daily lives. They play a fundamental role in the development of the human being. Making the right choices to support our nutrition requirements satisfies our physiological needs, and also contributes to our mental and emotional development. What we eat and drink is directly related to our state of health.

Aim:

The aim of this Healthy Eating Policy is to help our school community, children, staff and parents develop positive and responsible attitudes to food and nutrition and to appreciate the benefits that healthy food and drink habits make to overall health and wellbeing.

The Healthy Eating Environment:

Scoil Chroí Naofa advocates the creation and the maintenance of a healthy eating environment where children are supported in choosing and eating foods which are healthy, safe and practical.

Healthy

- The school acknowledges that foods should not be labelled as 'good' or 'bad' but that within the school grounds, children staff and parents make every effort to eat foods which benefit health, growth and development of the child.
- Healthy Eating forms part of the SPHE curriculum and is taught in all classes.
- All children are encouraged to eat a well balanced lunch during the day.
- All children are encouraged to drink fluids during the school day.
- Children have two breaks every day when they are encouraged to slowly eat and enjoy the contents of their lunch box.
- Lunch boxes should contain a drink, sandwich, fruit/veg and dairy product etc. Please refer to page 3.
- **All chocolate products are forbidden during school hours, e.g. nutella, chocolate yogurts, sprinkles of chocolate, chocolate coated biscuits, chocolate flavoured drinks, chocolate chip cookies, etc.**
- Treat foods have a limited role in a healthy diet. The school will provide a treat food on special occasions such as end of term, feast days etc. Parents are asked not to provide treat foods for birthdays etc.

P.T.O:-

Safe

- All children are supervised by staff at all breaks.
- **Our school is a nut free zone. Some children suffer from severe nut allergy. Parents are requested not to provide any nut products including nuts, nut butters, chocolate spreads.**
- Glass bottles are forbidden.
- Foods should be the appropriate size and texture for junior classes. Par boil carrots and chop fruit to bite size pieces, if required.
- Ensure lunchboxes are emptied and washed in warm soapy water and dried after each day.

Practical

- To decrease packaging and litter, all children are requested to have:
 - A lunch box for their food
 - Flasks or plastic screw top bottles for drinks
- The Green School Committee request that
 - Tinfoil and cling film are kept to a minimum and brought home
 - Plastic bottles are reused.

Healthy Eating Recommendations

The Food Safety Authority of Ireland 2011 Report; Scientific Recommendations for Healthy Eating Guidance in Ireland recommends that every lunchbox should contain foods from each section of the Food Pyramid.

Implementation & Review

- All new parents are asked to review policy, explain it to children and sign consent.
- At the start of each year, the healthy eating policy is provided to all children to bring home.
- New products for school lunchboxes come on the market all the time. Parents are encouraged to discuss new products with teacher.
- Teacher will help parents identify foods which form part of a healthy diet.
- New foods and alterations are made to the policy annually following discussion with children, staff and Parents Council.

Evaluation & Success Criteria

- Happy energetic children with knowledge of what is a healthy lunch
- Staff meetings address the trend in lunchbox contents
- Parents Council meetings
- Random Lunchbox Audit
- Annual whole school self evaluation

Review

This is a working document and is reviewed annually.

SCOIL CHROÍ NAOFA HEALTHY EATING POLICY

| THE FOOD PYRAMID  | <u>GREEN</u> Foods which are good for every day | <u>ORANGE</u> Foods that can be good once or twice a week or in small amounts | <u>RED</u> Foods that are not necessary for healthy eating or are unsafe and are not to be eaten in school |
|--|--|--|---|
| Top Shelf: Other Foods | | School provides chocolates/sweets on feast days | Chocolate products, Biscuits, Sugary Cereal Bars, Crisps and sweets etc. |
| Oils, Spreads, Fats | Butter, Spreads | | No chocolate spreads |
| Meat, Poultry, Fish | Chicken, Turkey, Beef, Pork, Ham, Lamb, Egg, Salmon, Tuna, Mackerel | Chickpeas, Lentils, Bacon, Sausage, Salami, Luncheon, Corned beef, Billy roll | Nuts |
| Dairy Produce | Milk, yogurt, Greek yogurt, cheese slices, drinking yogurt, fruit/plain yogurt, Frubes, cheese dippers | Petit filous, flavoured milk, rice pudding, custard. Cheese strings, cheese spread, cheese triangles | Chocolate mousse, sprinkler yogurts, Toffee/sweet corner yogurts, |
| Fruit & Vegetables | Apples, oranges, bananas, kiwi, plum, nectarine, peach, pineapple, melon, grapes, mandarins, raspberries, strawberries, blackberries, blueberries, green beans, mangetout, peppers, fruit salad, Carrots (cooked or uncooked) <u>cut into bite size pieces (preferably for Junior Infants)</u> | Dried fruit: raisins, sultanas, dates, apricots. Smoothies, olives, avocado, stewed fruit, tinned fruit | |
| Cereals, Grains, Potatoes. | Wholegrain breads, rolls, baps, pitta, wraps crackers. Oatcakes, banana bread, Oat bars, wholemeal scones, soda bread, brown pasta, rice, noodles | White breads, rolls, baps, pitta, wraps, crackers, rice cakes, Brioche, Plain cake, White scone, Plain bun, Croissants | Chocolate breads, Biscuits, Iced rolls, Danish pastries, sausage rolls, sweet cereal bars eg. Rice Krispie bars |
| Fluids | Water, milk, soup | Low Sugar squash, flavoured milks, Tea, yogurt drinks | Fizzy drinks, Energy drinks, Full sugar squash, Capri sun, Hot chocolate |