



HEALTHY EATING POLICY (updated 2017)

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

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 children to accept some personal responsibility for making wise food choices and adapting a healthy, balanced diet.

Research has shown that Healthy Eating

- Can help improve performance in class and at play
- Can help improve concentration in class
- Can meet children's needs for growth and development
- Encourage good eating habits for life

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).



Convenience foods – biscuits, sweets, crisps and soft drinks - will not be consumed at school.

A water fountain is located in each classroom. Each child brings his/her own re-usable container.

Packaging and Litter

In accordance with our Green School Programme it is recommended that pupils:

- Use recyclable foods and drink containers
- Recycle compost water in school compost bins
- Take home leftovers in lunch boxes

School Meals Local Project Scheme

Under DEIS we have joined the school meals local projects (lunch club) funded by the department of Social and Family Affairs.

Our main objective is to provide a healthy and nutritious lunch for the pupils and to educate them using the practical application of our healthy eating policy.

Our lunch scheme is optional, however most of the children in the school avail of it. The few who do not take the sandwich have the option of taking fruit and drink.

Allergies

Forbidden foods include nuts (and nut products such as Nutella), eggs (and egg products such as mayonnaise).