



*Uimhir rolla: 20082Q*

# Gael scoil Thulach na nÓg

Bóthar Rúisc, Dún Búinne, Co na Mí

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## **Healthy Eating Policy**

### **The Rationale**

Good nutrition is critical for every child's short and long term health and development. Healthy eating habits are learned during childhood and can help reduce the risk of diseases such as obesity, diabetes, anaemia and bad dental health throughout their life. As a school, we believe a healthy eating policy is fundamental not only to add life to years but also to add years to life.

Our policy is a statement which outlines our school's commitment to promote healthy eating. It reflects the specific needs of our school community and promotes the importance of good nutrition practices. This policy has been developed to support parents/guardians and pupils around developing healthy eating habits at an early age.

### **The aims of this policy are:**

- To promote nutritional awareness and provide consistent messages about nutrition through classroom education
- To support and encourage healthy eating habits in children
- To promote the health and safety of children with serious food allergies
- To support the school's environmental policy
- To help improve children's concentration, learning and energy levels
- To promote the personal development and wellbeing of the child
- To promote the health of the child and provide a foundation for healthy living in all its aspects
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy

The healthy eating policy will be reinforced in the school through the curriculum as outlined below;

### **Curriculum Links:**

- S.P.H.E: Taking care of my body: Food and Nutrition
- Science: Myself: Human Life Processes & the School's environmental policy
- P.E: Promoting an active lifestyle

### **A Balanced and Nutritious Lunch for Children:**

Lunch is an important meal for school going children. In our school the children eat twice a day, before going out to play. To ensure good concentration it is important for children to drink lots of water, so please encourage your child to bring water to school daily.

[www.tulach.ie](http://www.tulach.ie)

A well thought-out lunch box can provide energy throughout the day and aid concentration, memory and attention span.

**What could be in a healthy lunch box?**

- Sandwiches or rolls, with cheese, meat or other fillings
- Rice cakes (plain or yogurt topping)
- Plain crackers, bread sticks
- Vegetables (carrot sticks)
- Fruit
- Pasta
- Salad
- Water or Milk

**What Not to Include:**

Parents are asked when choosing lunches not to include the follow items for the following reasons:

<b>Health and Safety:</b>	<b>Mess they can create in the school:</b>	<b>Foods from top tier of the food pyramid:</b>	<b>Allergies:</b>
Soup and other hot liquids	Popcorn	Crisps	Nuts
	Yogurts & Frubes	Chocolate	Kiwis
		Chewing gum	Chocolate Spread
		Cereal bars	All products containing nuts
		Cakes	
		Biscuits	
		Fruit winders	
		Fizzy/Energy Drinks	
		Chocolate covered rice cakes	

**Exceptions**

Of course we need everything in moderation and throughout the school year, there will occasionally be special days, organised by the school when exceptions will be made and ‘treats’ may be given. These will include sports day, school tours, last day of term and other occasions deemed appropriate by the staff of the school. On these occasions the

school will notify the parents that the children may bring in one small treat such as, a mini bar, a small packet of jellies etc.

### **Green Schools:**

We pride ourselves on being a Green School and are promoting an understanding of climate change, recycling and reducing single use plastic. We ask you to use lunch boxes and reusable plastic boxes and bottles and/ or paper bags to reduce waste and appreciate your continued support in refraining the use of cling film, plastic bags and tinfoil in the children's lunch boxes.

### **Ratification and Communication**

This draft policy will be communicated to all staff and children and a copy will be sent home to all parents/guardians for their feedback. Following this consultation period the Board of Management will ratify the final version.

*“Schools are an ideal setting to promote good nutrition as they have been shown to have a positive impact on eating behaviours of young people”, (World Health Organisation 1998).*

## **Healthy lunchbox ideas**

### **Wholemeal and breads, potatoes, pasta and rice**

- 2 slices wholemeal bread
- 1 small bread roll
- A tortilla wrap
- Toasted tortilla wrap slices
- Pinwheel wraps
- 1 pitta bread
- 4-6 crackers or breadsticks
- Cup of cooked rice, pasta or couscous
- 1 small bagel

### **Meat, poultry, fish, eggs, beans**

- Cooked meat, ham, chicken, slices or cubes
- Tuna, salmon, mackerel
- 4 tbsp. hummus- with carrots/celery/peppers
- Cold boiled eggs

### **Vegetables, salad and fruit**

- Apples, oranges, bananas, pears, plums,
- Dessertspoon of dried fruit, cranberries, sultanas, raisins
- Bunch of grapes, halved
- Cherry tomatoes, halved
- Chopped carrots, cucumber, celery
- Salad-lettuce, tomato, olives
- Raspberries/strawberries/blueberries

### **Milk and cheese**

- 1 mini carton milk
- 2 thumbs or cubes cheddar/edam/gouda