



Scoil Naomh Úna, Shielbaggan

New Ross, Co. Wexford

Phone No. 086 0210524

Email: shielbagganns.ias@gmail.com

Chairperson Board of Management: *Rev. Richard Redmond*

School Principal: *Kevin Nimmo*

Healthy Eating Policy

Introductory Statement

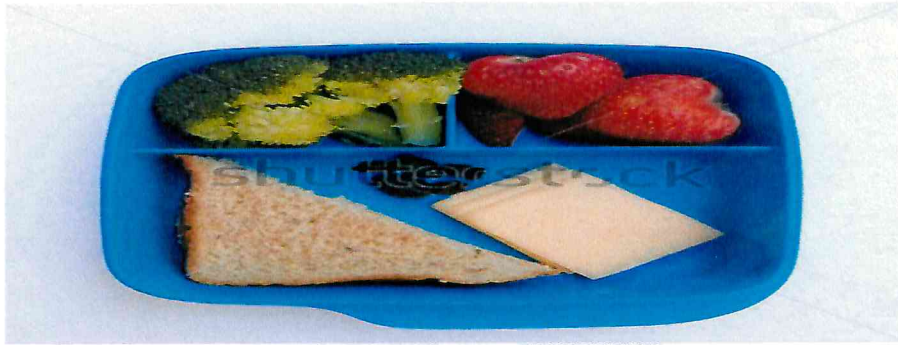
The healthy eating policy of Scoil Naomh Úna, Shielbaggan has been operating successfully for many years. It was developed in consultation with pupils, parents, teachers and the Board of Management. Many parents appreciate the support and guidance it provides in helping children to make healthy choices. We look forward to continued support as we work together in developing a positive and responsible attitude to eating and by doing so improve the overall health and well-being of the children in our care.

Why we have healthy lunches:

- What students eat in our school is very important as lunch in school may be one of their main daily meals. The Social, Personal and Health Education Curriculum provides an opportunity to teach the pupils about food and healthy lifestyles.
- Healthy lunches help students develop positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.
- Healthy lunches help students concentrate and improve learning. They contribute to the overall health and well-being of students, are important for dental hygiene and promote a balanced diet.
- Healthy lunches create less litter.

This policy is linked to:

- SPHE: Taking Care of My Body - Food and Nutrition and Making Choices
- Science: Myself - Human Life Processes



www.shutterstock.com - 249996289

Objectives

- To help children and parents make healthy food choices
- To improve the children's concentration and energy levels
- To develop an awareness of nutrition i.e. ingredients of food

Guidelines:

- A healthy lunch-box contains a piece of food from the lowest 4 levels of the Food Pyramid
- Snacks for small break include fruit, vegetables, flapjacks, fruit yoghurts, fromage frais, crackers and raisins.
- Healthy fillings for sandwiches are encouraged - please avoid chocolate spread and Nutella.
- The following foods are not permitted; chewing gum, large bars, crisps, sweets, fizzy drinks.
- Water is encouraged, although **unsweetened (not from concentrate)** juices may be used as an alternative.
- Guidelines recommend that 50% of the plate should contain fruit and vegetables.

Exceptions:

- Children are allowed a small treat on **Friday Only**. (Suggestions include a mini-bar, biscuit or bun)
- Children will be allowed to have a treat day at end of term parties.

Preparing a Healthy Lunch for your child

We all know that children need a healthy, balanced diet to grow and develop but did you also know that research has shown that children who eat a nutritious lunch are better able to concentrate in school than those who don't?

It is always a challenge to find healthy and interesting food to fill the lunch box with and we all lead very busy lives so the last thing we want to see at the end of the school day is food coming home uneaten.

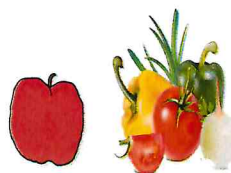
Here is a list of tips and suggestions which we hope will make your lunch planning a little easier.

Tips for making a healthy lunch that your child will enjoy

- Involve your child in the planning/shopping for lunch ideas
- Include some fresh fruit or veg each day.
- Cut food into small portions and ensure that your child can open any container that you use.
- Remember that your child's lunch should provide roughly one third of their daily intake of nutrients
- Look to the food pyramid and try to include elements from each level
- Vary the lunch box contents as much as possible using the foods you know your child will eat
- Introduce new foods to them gradually but remember to always try out your new lunch ideas at home first so kids are familiar with them.

Bread alternatives

- If you and your child are bored with endless ham or cheese sandwiches why not try a few alternatives?
- Pitta bread/Wraps
- Baps or bagels
- Crisp breads/Cream crackers
- Pasta or Rice salads



Fruit/Vegetable ideas:

- A piece of fresh fruit such as an apple/pear/banana/kiwi/Satsuma
- Chopped fresh fruit or berries/Fruit salad
- Dried fruits such as banana chips/dried apricots/raisins
- Salads/sweetcorn used for sandwich or wrap fillings
- Cherry tomatoes or pieces of chopped raw veg such as Carrots, Celery or Broccoli



Milk/Cheese/Yoghurt ideas:

- Natural yoghurt with grapes/bananas/dried fruit/fruit puree added
- Fromage frais/petit filous
- Cheese cubes/Cheese triangles/Baby Bel/Cheese Strings
- Cheese spread or cream cheese on bread or any of the alternatives above
- Actimel



Meat/ Fish Ideas

- Chopped cooked ham or turkey
- Slices of Ham/Beef/ Portions of tinned Tuna or Salmon



Drinks:

- Water
- Milk
- Flask of soup



Ratification and Review

This policy was ratified at a Board of Management meeting on 9th/11/2022. 2022. It will be reviewed as the need arises.

Signed *Richard Redmond*

(Chairperson of the Board of Management)

Signed *Kevin Noonan*

(School Principal)