



Healthy Eating Policy

To support and promote life long education of healthy eating for mind and body our school has a Healthy Eating Policy in place. This Policy was reviewed in 2016

Objectives/Aims

- To help children improve concentration, learning and energy levels.
- To support parents and children make healthy enjoyable decisions around food.
- To develop nutritional awareness i.e. ingredients in foods.
- To support the school's environmental policy - reusable containers, minimise wrappers, benefit of composting etc.
- To develop children's social skills i.e. sitting down to a meal with other children is an important part of a child's social education.

Definition of Healthy Eating/Nutrition

A healthy diet is one, which allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

To help highlight awareness of healthy school lunches the following will take place.

- A poster of the Food Pyramid will be displayed in every classroom and the staffroom and will be referred to by the teachers.
- At the beginning of each school term teachers and pupils will discuss healthy eating.
- During the year all classes will receive a minimum of 2 lessons on healthy eating.
- Parents and Staff will be offered the opportunity to attend a healthy eating information evening facilitated by a dietician.
- Teachers will provide positive modelling and supportive attitudes to encourage healthy eating.
- Reminders on school letters/newsletters throughout the year
- A "fun event" to highlight healthy lunches e.g. a competition, artwork or display.
- A practical guide on Healthy Eating will be provided for all parents.

Healthy Lunches Policy

To promote healthy nutrition, Moycarkey National School implements a policy regarding school lunches and snacks. As we are all aware, a healthy diet leads to a healthy body and mind. Much of the recent focus on children's health has been in the areas of

MOYCARKEY NATIONAL SCHOOL

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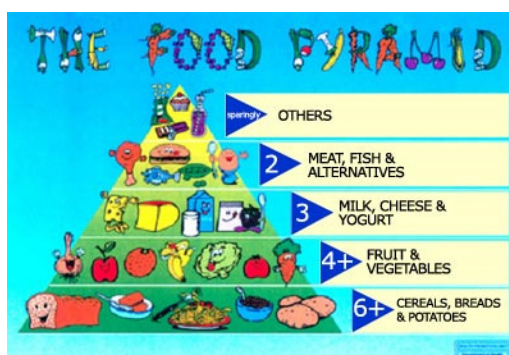
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nutrition, exercise and rising levels of obesity. It is therefore timely that the Schools support parents in providing healthy food that will enable their children to participate fully in the school day. By raising nutrition awareness amongst our children we are providing them with a basis to make informed choices about their health into the future. We would ask you Parents/Guardians for your co-operation in providing your child/ren with a healthy lunch using the following guidelines.



A healthy lunch includes:

- 2 or more servings from the bread and grains shelf
- 1 or more serving from the fruit and vegetable shelf
- 1 or more serving from the milk, cheese and yoghurt shelf
- 1 or more serving from the meat, fish, eggs and pulse shelf

Fluid intake is very important and children should be encouraged to take a drink with their meal.

The children will be allowed to drink water during the school day if it is provided in a non-spill bottle/container.

Good choices

- Water
- Milk

Only at Meal Times

- Diluted sugar free squash
- Unsweetened Fruit Juice

Not Tooth Friendly

- Fruit Drinks
- Fizzy Drinks

Keep food manageable e.g. give a peeled orange.

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Avoid messy foods e.g. Frubes which spill easily when opened.

These items are suggested:-

Drinks:-

- Milk
- Water
- Unsweetened Fruit Juice
- Diluted sugar free squash
- Yoghurt drinks

Healthy Snacks

- | | | |
|-------------|--------------|------------------|
| ▪ Fruit | bread sticks | dried fruit |
| ▪ Flapjacks | scones | yogurts |
| ▪ Crackers | cheese* | vegetable sticks |

Main Lunch

- Sandwiches, rolls, pitta bread etc. with a variety of healthy fillings e.g. lean meat, turkey/chicken, tinned fish, cheese, coleslaw (salad) etc.
- Pizza slices
- Pasta/Rice salad
- Sausage rolls occasionally

* most tooth friendly

The following items should not be included in your child's lunchbox for the reasons stated:

<u>Actively Discouraged:</u>	<u>Because:</u>
<ul style="list-style-type: none">• Sweets• Chocolate Bars• Crisps & similar snacks e.g. pringles etc.• Fizzy drinks	They are on the top shelf of the food pyramid

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DUE TO VARIOUS CHILDREN IN THE SCHOOL HAVING SEVERE NUT ALLERGIES ALL NUT-BASED PRODUCTS ARE BANNED FROM THE SCHOOL THIS INCLUDES NUTELLA & OTHER SIMILAR SPREADS.

Other foods not allowed:-

- Fruit Winders and similar products
- Popcorn
- Cereal Bars
- Chocolate products.

All snacks known to be high in sugar, saturated fat, salt, additives and preservatives are not allowed. Milk will be available in the school cost of which varies depending on length of term.

Children with Special Dietary requirements:-

Children with special dietary requirements and / or allergies will at all times be facilitated to choose foods to suit their own requirements. Parents should discuss this with the class teacher to avoid misunderstanding.

Preparation of lunches:

It encourages children to eat when the lunch is prepared attractively and in a convenient to eat manner. Oranges could be peeled, especially for younger children. Cheese could be grated and mixed with a few grapes or cherry tomatoes. A spoon should be included for eating yogurts, pasta, rice etc.

Green Flag School: Our school motto is THINK GREEN FLAG NOT PLASTIC BAG!

With this in mind, children are also asked to do the following:-

- All uneaten food; silver paper, wrappings, containers and juice cartons are to be taken home in lunchboxes.
- Only fruit peel to be put into the schools compost bins.
- For safety reasons, cans and glass are not permitted.



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Exceptions:

- Staff Meeting day is our day for **extra foods?**
- End of Term Parties.

This policy is linked to:-

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

Promotion of Policy:

Parents and Staff will promote the policy throughout the school week **through praise for eating nourishing foods and attention to lunch boxes.**

We will review this policy in the last term of this school year and from then on, every four years.

As with other aspects of school life, home support is crucial if our Healthy Lunch Policy is to be effective.

Sometimes it can be a battle to encourage children to eat healthily at home. When they eat healthily in school it makes it easier to win this battle!

The Board of Management ratified the policy on 23rd June 2016