

Carriglea N.S.

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at Carriglea N.S. we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

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

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).

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children no products containing nuts as we have a pupil with severe nut allergies.

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice - wholegrain
Pasta - wholegrain
Potato Salad
Wholemeal Scones
Bread sticks
Crackers
Pitta bread

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g. tuna/sardines
Cheese
Quiche
Pizza

Fruit & Vegetables

Apples, Banana, Peach
Mandarins, Orange segments,
Fruit Salad, dried fruit,
Plum, Pineapple cubes
Grapes,
Cucumber, Sweetcorn
Tomato,
Coleslaw.

Drinks

Milk
Fruit juices
Squashes, i.e. low sugar
Yoghurt
Water

A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Savoury snacks crisps
- Chewing gum
- Fruit winders
- Nut based products

So as to take a proactive approach to healthy lunches, teachers will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

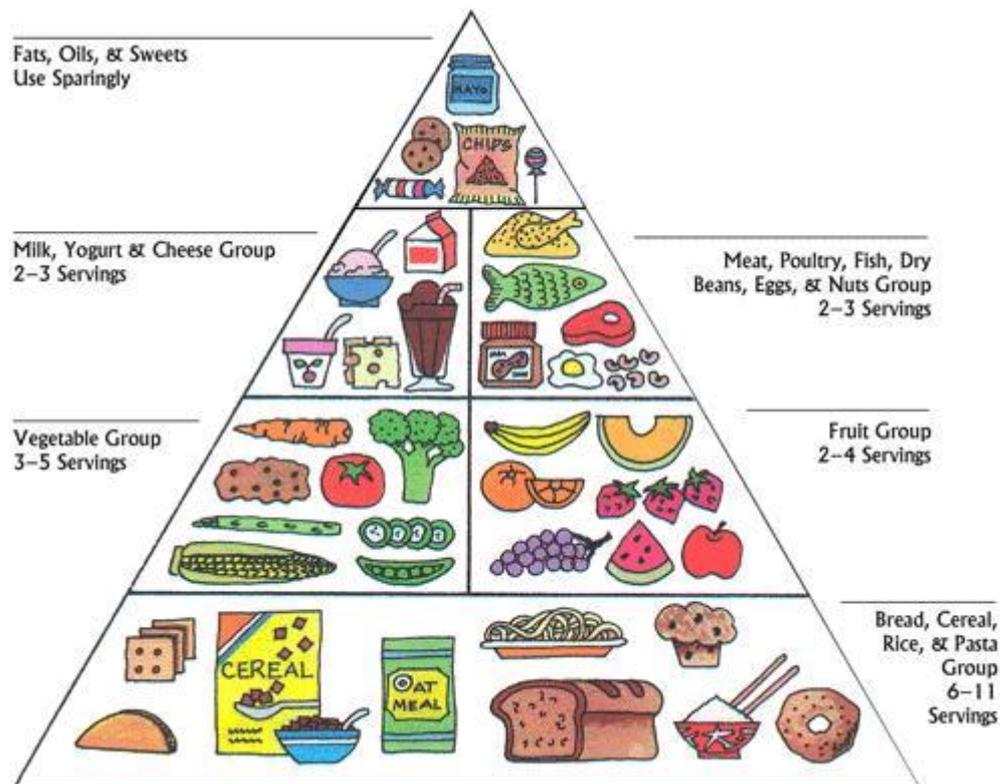
Healthy lunchbox information leaflet by Safefood (HSE) is given to all new entrants in their welcome pack.

Guest speakers-dentist,nurse are invited t speak to the children about healthy lives.

Healthy eating is incorporated into our Active Schools Week

As part of our Active Flag project Carriglea N.S. aims to replace a sweet treat with an alternative treat.

A very simple approach to healthy eating is to use the Food Pyramid:



From time to time children will be allowed bring a treat, holidays, school tours.

“No Foods containing nuts or traces of nuts are allowed in school”.

Green Flag School

Our green school motto is: 'A CLEANER GREENER CARRIGLEA!'

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- not bring in cans and glass - for safety reasons.
- Reusable bottles for drinks

Carriglea NS are actively involved in becoming a Health Promoting School. We have participated in the Food Dudes programme and continue to encourage fruit and vegetables at small break on a daily basis.

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

Chairperson: Conor Blackwell

Date: May 2020