



Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at Clooney National School, 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).

To promote healthy eating habits in our school, we introduced a healthy eating policy starting from February 2019.

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

Bread & Alternatives

Bread, wraps or rolls
Rice
Pasta
Potato Salad
Scones
Bread sticks
Crackers
Pitta bread
Plain rice cakes

Fruit & Vegetables

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

Savouries

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

Drinks

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

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)
- Sweets
- Cake
- Chocolate biscuits/bars or Chocolate Spread
- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn.

There is a total nut ban in school.

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

Fats Sugar Sweets etc.	Sparingly
Meat, Fish Peas/Beans	2 portions per day
Milk, Cheese Yoghurt	3+ portions per day
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

Trey to have an item from each food group.
We do not allow food from the top of the Food Pyramid in school.

Treat Day

On certain occasions such as the last day of term, teachers may provide or allow pupils to bring treats to school.

Green Flag School

- Clooney N.S. is a Green Flag School, therefore 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.

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

This policy was compiled by the staff and Parents Association of Clooney N.S. and ratified by the Board of Management on _____.

It will be reviewed on _____.

Chairperson: _____