



Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at *St. Michael's 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).

To promote healthy eating habits in our school, we reviewed and updated the healthy eating policy in February 2020.

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 traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice
Pasta
Pancakes
Plain rice-cakes
Wholemeal/fruit scones
Bread sticks
Crackers **not** Tuc/Ritz
Pitta bread

Fruit & Vegetables

Apples, Banana, Peach
Mandarins, Orange segments,

Yoghurt, Fruit Salad, dried fruit,

Plum, Pineapple,
Grapes,
Cucumber, Sweetcorn
Tomato, peppers etc.

Savoury

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

Drinks

Milk/yoghurt
Water
Drinks such as Actimel or similar
Tea/coffee are **not** suitable drinks for
young children at school

****Mayonnaise and all food items containing raw egg traces are banned
for example coleslaw****

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
- Biscuits of any kind
- Bars
- Cereal bars
- Chewing gum
- No high sugar/chocolate covered cereals or rice-cakes
- Popcorn.
- Choco-ball yoghurts or fruit corner yoghurts, yollies or yoghurt tubes/Frubes

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 vegetable or other healthy foods in their
lunchboxes.

Green Flag School

Our green school motto is:

'MAKING RECYCLING COOL, TO BECOME A GREEN SCHOOL. ST. MICHAEL'S WILL WIN
THE RACE. LET'S RECYCLE TO REDUCE THE WASTE'

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, paper, wrappings, containers and
cartons
- Tin foil if used must be taken home and reused if possible

- Single use plastic water bottles are banned. Children are encouraged to use a re-useable bottle for their drinks.
- No cans or glass – for safety reasons.
- We encourage the use of environmentally friendly food wrappings.

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

This policy was ratified by the Board of Management in February 2020.

Signed

Chairperson of Board of Management: _____

Principal: _____

Date: _____