

Healthy Lunch Policy

Introductory Statement

Scoil Íosaif Naofa, together with the HSE and representatives of the parents, have reviewed and updated our healthy lunch policy as set out below. We hope that you will continue to join with us in making this a success.

Rational

Young people, to achieve their full potential in many areas, need to eat healthily and to establish good nutritional practices at a time of rapid growth and development. These good practices undoubtedly need to start at a young age in order to raise awareness and understanding on the importance of healthy eating.

Healthy eating in childhood can improve concentration, performance in class and at play. Eating healthily meets children's nutrient needs for growth and development and encourages good eating habits for life.

We at Scoil Íosaif Naofa are committed to promoting this awareness.

Healthy Eating is part of the SPHE and Science programmes for each class. 'Taking care of my body: Food and Nutrition'.

Healthy eating is an essential component of the overall health of children.

Aims

- To help all those involved in our school community – children, parents and staff – to develop positive and responsible attitudes to eating and to appreciate the contribution that good foods make to health
- To improve the nutrition standard and eating habits of all the school
- To improve the opportunities for our children to grow into healthy adults and to heighten awareness of the importance of a balanced diet
- To raise levels of concentration within class due to consumption of healthy food
- To encourage children to be aware, alert and responsive to litter problems caused by junk food, pre – prepared food, etc
- To help clarify our school's position on foods encouraged/discouraged
- To ensure that the message the children receive from both parents and teachers is consistent
- To ensure that what is taught in the classroom is put into practice outside the classroom
- To ensure exceptions can be made on special occasions e.g. school parties, school tours and at class teachers' discretion

Guidelines

- A lunch should provide one third of your child's food requirements for the day.
- A healthy lunchbox includes a piece of food from the main food groups; dairy, carbohydrate, protein, fruit and vegetables of the Healthy Eating Pyramid.
- Think before you drink! Milk and water are best or sugar free squash (one part squash to four parts water) Fizzy drinks are not allowed.
- Healthy snacks for small break include fruit, chopped vegetables, salads, cheese, scones, rice cakes, crackers, small packets of raisins/ dried fruit, popcorn
- Wholemeal and wholegrain bread is best, as it is higher in fibre than white
- Try rolls, baps, wraps and sandwiches
- Cold rice, pasta, tuna and chicken pieces
- Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment
- All classes will receive a minimum of 2 lessons on healthy eating as part of the Social Personal and Health Education curriculum

Foods not allowed: Chewing gum, crisps, chocolate bars, chocolate biscuits, Nutella, sweets, lollipops and fizzy drinks.

The school's Healthy Lunch Policy will be reviewed regularly.

October 20th 2010

Dear Parents/ Guardians,

Please sign below to confirm that you have received the information regarding the Healthy Lunch Policy. Please inform the school of your son's special dietary needs or allergies.

Yours sincerely,
Ms. JoAnn Coyne & Ms. Maeve Meenaghan

We have read the Healthy Lunch Policy and we are happy to encourage and adhere to the above guidelines.

Signed: _____

Pupil's Name: _____

Pupil's class: _____

