

Scoil Áine Naofa
Loreto,
An Uaimh,
Co. na Mhí.



St Anne's
Loreto Primary School
Navan,
Co. Meath.

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Healthy Eating Policy

Introduction

As part of the Social, Personal and Health Education (S.P.H.E.) Programme, we at St. Anne's Loreto Primary School, encourage the children to become aware of the need for healthy food in their lunchboxes. We believe that adults (staff, parents and carers) should be good role models and support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being. It is the responsibility of parents and guardians to ensure that children have a healthy lunch at school everyday.

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.
3. To promote Healthy eating of fruit and vegetables though participating in the Food Dudes Programme.

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.

Parents/ Guardians are encouraged to provide children with a healthy lunch, which helps to maintain their levels of concentration in the classroom throughout the day. The healthy lunch, if possible, should include a variety of foods from the bottom four shelves of the food pyramid. These are:

- Bread/cereals
- Milk, cheese and fruit yoghurt
- Fruit and vegetables
- Meat, chicken, fish and alternatives

The following guide is designed to help you provide quick, appetising and nutritious lunches for your children. Children are encouraged **not to share lunches in school** due to allergies.

<p>Bread and Alternatives</p> <ul style="list-style-type: none"> • Bread or rolls, preferably wholemeal • Rice – wholegrain • Pasta – wholegrain • Potato Salad • Wholemeal Scones • Bread sticks • Crackers • Pitta Bread • Wraps • Rice cakes 	<p>Savouries</p> <ul style="list-style-type: none"> • Lean Meat • Chicken / Turkey • Tinned Fish – tuna/sardines • Cheese • Vegetarian Sausages • Beans • Chick Peas
<p>Fruit and Vegetables</p> <ul style="list-style-type: none"> • Fruit and berries • Seedless grapes (cut to suit your child) • Cucumber, sweetcorn, carrot sticks • Tomato, coleslaw • Seeds (Sunflower, pumpkin, sesame, etc.) 	<p>Drinks</p> <ul style="list-style-type: none"> • Water • Milk

We ask that the following are not brought to school:

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

- Sugary drinks (including energy drinks, fizzy fruit-flavoured water, fruit juices, etc.)
- Crisps
- Nut products including Nutella
- Sweets
- Biscuits/bars (unless homemade)
- Cereal bars (unless homemade)
- Chewing gum
- Fruit winders
- Popcorn
- Lollipops
- Frubes
- Anything other than fruit yoghurt

If such foods are brought to school, children will be asked to bring them home in their lunchboxes.

Treat Day

On a Friday, parents or guardians may give a small treat to their child in their lunchboxes. On this day, children can bring **ONE** of the following:

- Treat/fun sized bar

- Treat/fun sized bag of sweets
- One or two biscuits
- Small cereal bar
- Small homebakes

Treat Food for Special Occasions

Parents/Guardians, with regard to our duty of care to all children, please do not send treats into class for teacher to distribute. Such occasions as birthdays and associated celebratory parties are best catered for at home.

While with us in St. Anne's Loreto Primary School we would not wish for any child's welfare to be placed at risk. Please keep uppermost in mind that children often have food allergies/intolerances, particularly with nuts. Therefore we cannot accept responsibility for these food stuffs and others introduced by a third party into our classes with immediate effect. This is in the best interest of all in our care and matches our Healthy Eating Policy here in St. Anne's Loreto Primary School. Thank you for your understanding and cooperation.

Green Flag School

We, at St. Anne's Loreto Primary School, are a Green School. With this in mind, children are asked to:

- Take home (in lunchbox) any uneaten food, tinfoil, wrappings, containers and cartons
- Put only fruit peel into the compost bin
- Not bring glass or cans- for safety reasons.

Please Note: Parents/Guardians of any child with a medical condition which requires a special diet should ensure to contact the school and liaise with the Principal and class teacher on the recommended diet.

This policy was ratified by the Board of Management on 17th December 2020.

Signed: *Máire O'Donoghue*
Chairperson

Signed: *Clíodhna O'Brí.*
Principal

Date: 17th December 2020

Date of next review: January 2023