**Healthy Eating Policy**

As part of the Social. Personal and Health Education (SPHE) Programme in Scoil Mhuire 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 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????

**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, sweet, 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 provide quick, appetising, and nutritious lunches for your children.

**Bread & alternatives Savouries**

Bread or rolls Lean Meat

Rice Chicken/turkey

Pasta Tinned fish e.g. Tuna

Potato Salad Cheese

Wholemeal Scones Quiche

Bread sticks

Crackers

Pitta bread

Pancakes / Rice cakes

**Fruit & Vegetables Drinks**

Apples, Banana, Peach, oranges Milk/water/diluted drink

Fruit Salad, dried fruit, plum

Pineapple cubes, grapes

Cucumber, sweet corn, tomato,

Raw vegetables, coleslaw, raisins

**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:

* Nuts
* Crisps (including crisp style snacks)
* Fizzy drinks or Sports drink
* Sweets or toffee
* Chocolate, biscuits/bars
* Cereal bars
* Fruit winders
* Nutella
* Desert based yoghurts

With Green Schools in mind, children are also asked to:

* Take home (in lunchbox) all uneaten food, silver paper, wrappings and containers
* Put only fruit peel into the compost bins
* Not bring in cans and glass- for safety reasons.
* Empty yoghurt cartons are washed and squashed in the school as part of Green Schools.
* Encourage a reusable drink bottle.

If your child comes in to school on a regular basis with food items prohibited in our policy. The food item will be returned in their lunchbox

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

This policy was ratified by the Board of Management on \_\_\_\_\_\_\_\_\_\_\_\_\_-

It will be reviewed on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_