

Cavan No1 NS Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at *Cavan No. 1 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).

We recommend that all parents consult www.hse.ie/healthy eating guidelines **safefood.ie** and the **Healthy Ireland** website.

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 – wholegrain
Pasta – wholegrain
Potato Salad
Wholemeal Scones
Bread sticks
Crackers
Pitta bread

Fruit & Vegetables

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

Savouries

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

Drinks

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

A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk, encourage him to have a carton of yoghurt or a small helping of cheese instead.

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives are discouraged.

Strictly Banned Food	Discouraged food
Nuts Food with nuts as a main ingredient Crisps Fizzy drinks Chewing gum Lollipops	Sweets Chocolate bars/biscuits Cereal bars High sugar foods

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 other healthy foods in their lunchboxes.

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

Food type	Serving Guide
Fats Sugar Sweets etc.	Sparingly
Meat, Fish Peas/Beans	2
Milk, Cheese Yoghurt	3
Bread, Cereals & Potatoes	3-5
Fruit & Vegetables	5-7

Be environmentally friendly: we encourage reusable containers and drink bottles.

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- 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 reviewed by the Board of Management on 9/2/23

Signed: *Canon Mark Lidwill*

Chairperson