

## Healthy Eating Policy

### Introductory Statement:

We are promoting a Healthy Eating Policy in Scoil Mhuire Naofa, Kiltale as part of our policy of promoting the good health, well-being and oral health of our students.

The focus of this policy is to support parents and pupils in relation to developing healthy eating habits from an early age. Eating habits started in childhood will influence your child's chances of a healthy life. 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 good variety of nourishing foods is important from the start to ensure a healthy growing child. Practical suggestions are included for healthy snacks and treats as well as possible nutritious lunches.

This policy is a working document. This policy will be regularly reviewed and updated in accordance with Department of Education guidelines and Government policy / legislation.

This policy is linked to:

- SPHE: Taking Care of My Body - Food and Nutrition and Making Choices
- Science: Myself - Human Life Processes
- Active Schools Flag programme as a health promoting school.
- The Green Schools programme.
- Initiatives and directives in accordance with the Department of Education guidelines and public health advice.



### Aims:

- To promote personal development and wellbeing of the child.
- To promote the health of the child and provide a foundation for healthy living in all aspects.

### Objectives:

- To help children and parents make healthy food choices
- To support parents in the promotion of their child's overall general health and wellbeing.
- To improve the children's concentration and energy levels
- To develop an awareness of nutrition i.e. ingredients of food

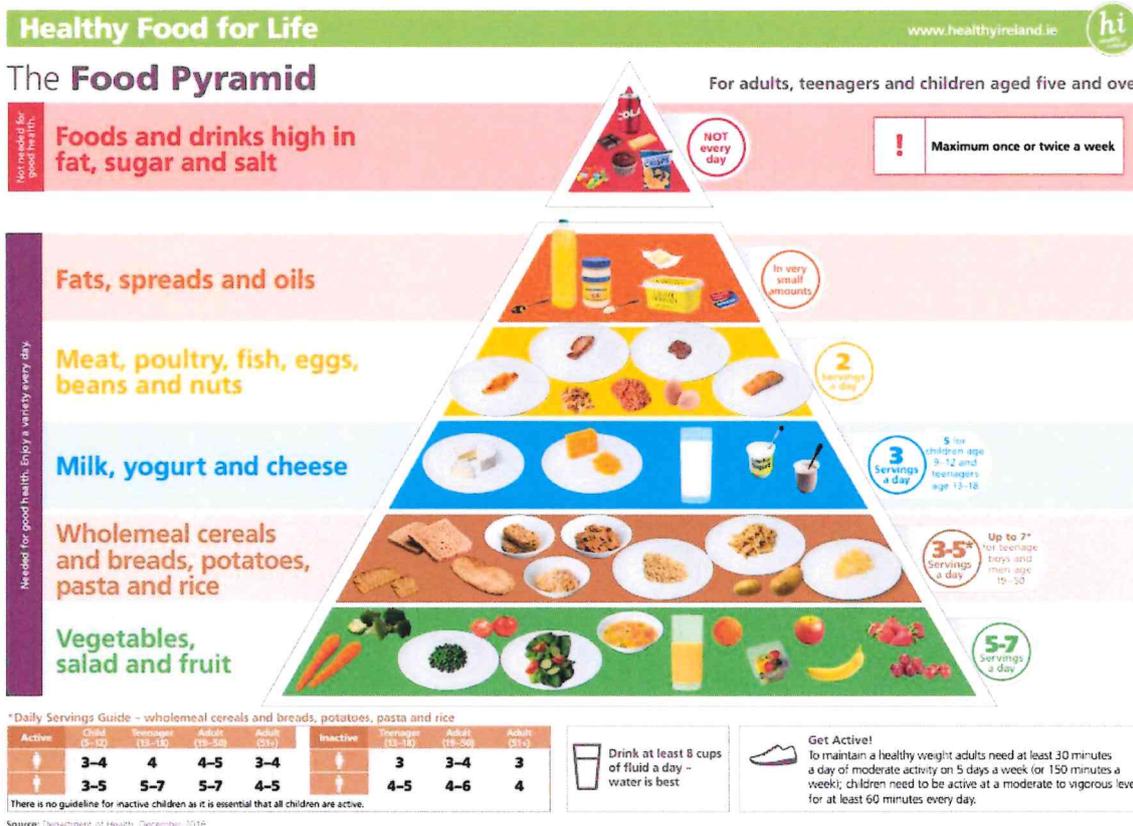


- To encourage the children to make healthy food choices
- To encourage pupils to be aware, responsible and responsive to litter problems caused by junk food prepared food juice cartons and packaging and through the green schools programme to make more sustainable choices

**NOTE:** Parents of children with a medical condition that requires a special diet or whose child has a food allergy should contact the school in writing with details.

**Guidelines:**

- Here at Scoil Mhuire Naofa, Kiltale , we encourage healthy lunches.
- We are a **Nut Free School**.
- Snacks for small break include fruit, vegetables, fruit yogurts, crackers and raisins.
- Healthy fillings for sandwiches are encouraged.
- **The following foods are NOT permitted; chewing gum, breakfast or cereal bars, crisps or popcorn, sweets, fruit juice, fizzy drinks, biscuits or chocolate.**
- **The drink of choice is water.** Children are also encouraged to drink water during the school day.
- Milk is encouraged as a healthy choice. Growing children should get one pint of milk per day for calcium. If they don't drink milk they can eat cheese or yogurts.
- **No hot drinks**, such as tea or hot chocolate are allowed.
- We don't share sweets, treats or cakes for birthdays in classrooms at school as this is unfair to children with allergies or children on restricted diets. Special occasions can be celebrated at assembly.
- On special occasions, such as Christmas or end of term, class teachers may distribute treats.
- We ask that reusable containers wrappers and cartons are used in lunch boxes. Please avoid tin foil and cling film. All empty cartons containers wrappers and leftover lunch will be brought home so that parents are aware of what is being eaten and recycling and composting can be done at home.



### Healthy Options for School Lunches.

**Snacks:**

Try ... raisins, scones, raw vegetables, fruit, seeds, dried fruit, fruit yogurts, crackers,

**Carbohydrates:**

What About ... whole-grain breads, oatcakes, crackers, pasta, rice or rice cakes.

Fillings could include: cheese, tuna, hummus, cold meats, lettuce, cucumber, tomato, onion, peppers, coleslaw or salad.

**Fruit:**

Chopped up... apple, orange, banana, grape, pear, plum, melon, grapefruit, pineapple etc.

**Raw Vegetables:**

Crunch On ... carrots, peppers, cucumber, broccoli, tomatoes, sweetcorn etc.

This policy was ratified by the B.O.M. in March 2022 and was implemented in March 2022.

Signed: Maura Dineen

Dated: 8/5/2025