# Healthy Eating Policy

**Glór na Mara N.S.**

As part of the Social, Personal and Health Education (SPHE) Programme, at Glór na Mara N.S. 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).

To promote healthy eating habits in our school, we are introducing this healthy eating policy starting from 27/02/2020.

**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, staying healthy and maintaining a healthy weight.
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 Savouries

Bread or rolls, preferably wholemeal Lean Meat

Rice – wholegrain Chicken/Turkey

Pasta – wholegrain Tinned Fish e.g. tuna/sardines

Potato Salad Cheese

Wholemeal Scones Quiche

Bread sticks

Crackers **Snacks**

Pitta bread Raisins

## Wraps Cheese

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## Fruit & Vegetables Drinks

Apples, Banana, Peach Milk

Mandarins, Orange segments, Water

Fruit Salad, dried fruit, Diluted low sugar squash

Plum, Pineapple cubes Yoghurt

Grapes,

Cucumber, Sweetcorn

Tomato,

## A word about Milk

Calcium is important to ensure healthy bone and teeth growth in children. It can be found in milk, cheese, yogurt, sardines, tinned salmon and almonds, as well as other foods.

**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:

### Crisps (including crisp-style snacks)

* Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
* Sweets
* Chocolate
* Biscuits/bars
* Chewing gum

Due to the fact that some children may have allergies which can be life threatening we further ask that you

1. Avoid giving children peanuts/nuts in school lunches
2. Avoid giving peanut-butter sandwiches, other spreads containing nuts such as Nutella and snacks/bars containing nuts
3. Remind children **not** to share their lunches

Due to the severity of the problem, it is important that all parents carry out the suggested measures and reduce the risk of allergic reaction to these children.

Further details regarding healthy food, lunches and snacks for your children can be found at:

<https://www.gov.ie/en/publication/da7f19-eat-well/?referrer=/health-initiatives/heg/>

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/>

**Green Flag School**

We actively promote Green Schools in Glór na Mara.

With this in mind, children are also asked to:

* take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
* put only fruit peel into the compost bins
* 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 ratified by the Board of Management 27/02/2020. It will be reviewed as necessary.