

SCOIL ÍÓSAF HEALTHY EATING POLICY

Our Healthy Eating Policy aims to help all those involved in our school community, children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

The following guidelines will support the healthy eating programme being taught in classrooms.

A healthy lunchbox should include a piece of food from the first 4 shelves of the food pyramid.

Shelf 4. Meat, fish and poultry.

Shelf 3. Milk and cheese group.

Shelf 2. Fruit & vegetable group.

Shelf 1. Bread, cereal and potato group.

For a healthy lunch we recommend the following examples:-

Bread: e.g. Brown or white, Pitta Bread, Rolls.

Fillings: e.g. Ham, chicken, lettuce, turkey, egg and cheese, tomatoes, tuna, peppers etc.

Fruit of all kinds.

Snacks: e.g. Crackers (plain), Yops, actimels, frubes, rice cakes, cheese, dried fruit, scones, plain biscuits, plain buns

Please note any snack that requires a spoon to eat it is not allowed.

Drinks: e.g. juices (unsweetened/no added sugar), water, milk.

Please note Fizzy Drinks are not allowed. Capri Sun is not allowed as the cartons cannot be recycled.

Crisps, popcorn, chewing gum, sweets and bars are not allowed.

Bars: e.g. Sweet Bars, chocolate bars, cereal bars, sweet biscuits and confectionery.

If it looks like a bar, it's a bar and **Bars** are not allowed.

Given the current high intake of fats in school going children's diets fast foods e.g. chips, burgers, curry chips, battered sausages, wedges, pizza slices, chicken nuggets, fried chicken and hot dogs are not allowed.

Children will continue to be encouraged to dispose of fruit skins and cores in the compost heap.

All uneaten items of food are to be taken home.

Each child must have her own lunchbox/bag with her name clearly marked on it.

All classes will cover a certain number of healthy eating lessons during each school year and children will be encouraged to participate in such events as the National Healthy Eating Week.