

Healthy Eating Policy

Aims

- To encourage healthy eating.
- To encourage children to experience a wide variety of food.
- To help children understand the link between a healthy diet and a healthy active lifestyle.
- To enable the children to take some responsibility for making wise food choices.
- To improve dental hygiene.

At St. Finbarr's Boys' National School we believe that a healthy diet promotes good health in both mind and body. Our healthy eating policy, formulated in consultation with parents, pupils, staff and management aims to develop dietary habits that are both varied and healthy. With this in mind we have clarified the following issues regarding school lunches.

1. At the beginning of the school day, the importance of a healthy nutritious breakfast cannot be over-emphasised.
2. A healthy lunchbox contains a variety of foods from the bottom five shelves of the food pyramid e.g. bread (breads, cereals, rice, pasta and potatoes shelf), fruit (fruit and vegetables shelf), cheese(milk, yogurt and cheese shelf), ham (meat, poultry, fish, eggs, beans and nuts shelf), butter (reduced-fat spreads and oils shelf – sparingly).
3. Top shelf of food pyramid items will be allowed in school on special occasions e.g. Christmas, Halloween.
4. Some of the healthy snacks we encourage for the small break include a variety of fresh fruit, sliced vegetables, and salads, cherry tomatoes, yoghurt, crackers and cheese, dried fruit and plain nuts, soup.
5. The best drinks are water and milk. Regarding fruit juices we have been advised that diluting unsweetened fruit juice is preferable.

Under no circumstances are fizzy or sweetened drinks permitted e.g. Cola, Sports drinks etc. Similarly we do not allow chocolate bars, crisps or similar types of snacks, popcorn, biscuits, sweets, chewing gum, etc. to form part of the school lunch.

Role of Parents

- To provide a healthy lunch.
- To encourage healthy food choices.
- To help implement school policy by not allowing sweets, chocolate etc. in school lunch.
- To inform the school of any special dietary needs or allergies.

- To ensure children get a consistent, adequate amount of sleep each night to give their bodies a chance to rest and grow and reduce the risk of obesity.

Role of Children

- To eat their lunches.
- To bring home any uneaten lunch.
- To help make lunch where possible and remind parents of healthy eating policy.
- To not bring food from the top layer of the food pyramid to school.

Role of School and Implementation

The school will endeavour to promote an awareness of healthy eating through SPHE Healthy Eating Lessons and presentations on aspects of healthy eating. Healthy eating leaflets are available in the school.

Monitoring / Evaluation / Review

For a Healthy Eating Policy to be robust it needs to be reviewed and updated regularly, taking into consideration implementation issues that may arise.