



Healthy Eating Policy

The staff and Board of Management of Our Lady's Boys National School agreed to this revised Healthy Eating Policy in May 2017.

Aims

1. To promote the personal development and well-being of the child
2. To encourage healthy eating and establish a lifelong sensible attitude to food amongst its pupils.

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.

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
Rice / Pasta
Pitta Bread
Wholemeal Scones
Bread sticks / Crackers

Fruit & Vegetables

Apples, Banana, Peach, Grapes
Mandarins, Orange segments
Fruit salad, dried fruit
Plum, pineapple cubes
Cucumber, sweetcorn, tomato

Savouries

Lean meat
Chicken / Turkey
Tinned fish eg tuna
Cheese
Quiche

Drinks

Water
Milk
Fruit juices
Squashes (low sugar)

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

- Cereal bars
- Chewing gum
- Fruit winders
- Popcorn

We appreciate your support in implementing this policy as it is in the interest of your child.

Please note the following:

- 1) Pupils eat a small snack in their classroom before the first break at 10.30am and their main packed lunch at 12.30pm.
- 2) For health and safety reasons, peanuts, peanut based spreads, chocolate spreads and nutella are not allowed at any time.
- 3) Junior and Senior Infants are not allowed yoghurt or yoghurt drinks (such as Yop/Frubes) due to the high number of spillages.
- 4) Fruit juice, water and milk are healthy alternatives to fizzy drinks.
- 5) Glass containers for lunches or drinks are not allowed.
- 6) As part of our Green School initiatives, children are asked to take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons

NB 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 in May 2017.