

# LISHEEN NATIONAL SCHOOL



## Healthy Eating Policy

### AIMS / PURPOSES

1. To encourage healthy eating.
2. To improve dental hygiene.
3. To encourage children to experience a wide variety of food.
4. To help the children understand the link between a healthy diet and a healthy, active lifestyle.
5. To educate children for living and for life.
6. To improve the children's concentration and energy levels.

### PROCEDURES/GUIDELINES

The staff will encourage healthy eating and will allot time to educate the children in Health Education lessons.

The first 15 minutes of lunch break will be spent in the classroom at their desks where they will be encouraged by the staff on duty to eat their lunch.

Children will be encouraged to participate in Sporting Activities as part of the school's healthy/eating lifestyle policy.

Chewing gum, crisps, frubes, and energy drinks are not permissible in the school.

#### **The following foods are recommended**

- Fruit / vegetables (Carrot / Celery sticks etc..)
- Sandwiches
- Water

#### **The following foods and drinks should not be included in school lunch boxes.**

- Fizzy/Energy drinks
- Lollipops
- Frubes
- Chips, Chipsticks etc.
- Sweets, Chocolate

- Biscuits

**A healthy lunch box includes:**

- 2 portions from the bread and cereals group (e.g. 4-6 crackers, 1 tortilla wrap)
- 1 portion from the meat and meat alternatives group (2 slices of cooked meat, small can of tuna)
- At least 1 portion from the fruit and vegetable food group (e.g. carrot sticks, portion of homemade vegetable soup)
- 1 portion from the dairy products food group (e.g. milk, 2 cheese triangles)

Please refer to the Food Pyramid below as a guide.



**Some healthy lunch box options include:**

- Sandwiches
- Bagels
- Vegetable sticks such as carrot or celery with hummus
- Raw vegetables such as tomatoes, peppers, cucumber and many more
- Handful of raisins
- Wholemeal scone
- Tortilla wrap with chicken, sliced peppers and lettuce
- Crackers and cheese
- Handful of carrot sticks
- Portion of pasta
- Piece of fruit
- Water
- Unsweetened fruit juices
- Fruit smoothie
- Milk

Small break is designated “Fruit Break” and all children are encouraged to eat fruit and veg.

See [www.safefood.eu](http://www.safefood.eu) and [www.fooddudes.ie](http://www.fooddudes.ie) for more lunch box tips and information on the Food Pyramid.

### **School Trips/Tours**

Treats are acceptable on school tours and trips within reason.

### **Visitors to School**

All efforts will be made to make sure that visiting sports teams etc., will bring healthy snacks as treats if applicable for the children. However, this may not always be possible.

### **Food Intolerance/ Allergies**

If children are allergic or intolerant to certain foods e.g. Wheat allergies, coeliac, nut etc., the school must be informed in writing and this will be added to the child's enrolment document and to their class held pupil profile. This is particularly important for children who may get a diagnosis during the school year that the teacher is previously unaware of.

### **Exceptions**

Children are allowed a small treat on Friday only. (Suggestions include a fun size bar, biscuit or bun)

Children may be given sweets etc., on special occasions during the year such as Halloween, Christmas holidays, teacher leaving and at the end of year party. Alternative arrangements will be made for children with medical problems such as diabetes in conjunction with the child's parents/guardians. Please let the class teacher know if you do not wish your child to receive these occasional treats.

*This policy will be circulated to all families in the school via the school web-site. A copy will be available to view in the office.*

*It is hope that all parents will actively support this policy.*