

EDMONDSTOWN NATIONAL SCHOOL

HEALTHY EATING POLICY

In Edmondstown National School, we encourage a Healthy Eating Policy.

LUNCHES / SNACKS

Suggestions for lunches include the following and would ideally include a piece of food from the four main shelves of the Food Pyramid:

Sandwiches (made from bread of all types)
Filled rolls (of all types)
Wraps, pitta breads, bagels, scones
Crackers (preferably wholegrain / wholewheat) and cheese (avoiding pre-packaged ones)

Yogurt, yogurt drinks and fromage frais (*excluding chocolate ones*)

Cheese of any kind

Fruit or vegetables of any kind
Pasta, spaghetti or rice in small containers
Combination of foods – i.e. slices of pizza or quiche
Slices, cubes of chopped meat, chicken, fish or hard-boiled eggs

Suggestions for this Healthy Break are as follows:

- **Fruit:** Any whole piece of fruit such as an apple, pear, banana or orange
A bowl of chopped fruit such as pineapple cubes, melon pieces, etc.
A bowl / pack of dried fruit such as raisins, dried apricots, etc.
****please chop small fruit in half, especially grapes****
- **Vegetables:** Chopped peppers, carrots, celery sticks, cucumber, etc.
Baby tomatoes or other whole baby vegetables
- **Other healthy snacks:** See suggestions above

DRINKS

It is important that children take in enough fluids during the day. Almost 2/3 of the body is made of water. If children do not drink enough water, they may become dehydrated, thirsty, tired and weak. Recent studies have shown that children who are dehydrated are less able to concentrate properly, especially at subjects like Maths. Therefore, we would recommend that **every child bring a water drink each day**. Where a child brings more than one drink to school each day, one should be water.

Drinks that are encouraged are tooth-friendly drinks, as follows:

Water (preferably tap water due to the fluoride content)
Flavoured water
Milk (no flavoured milk)
Fruit juice (preferably diluted and unsweetened)
Diluted drinks / squashes (sugar-free)

UNSUITABLE FOODS

The following foods are discouraged for consumption as school lunches:

- fizzy drinks or energy drinks of any kind
 - crisps
 - chewing gum
 - sweets
 - chocolate bars
 - chocolate / icing covered cakes/bars/biscuits/treats/cereal bars/health bars
 - pre-packed combination lunches
- ❖ On Fridays, a treat such as a chocolate bar or sweets may be included as part of the child's lunch
- ❖ Fizzy drinks are discouraged except on party days, such as Christmas and Easter

SUGAR

We would **strongly discourage** food of any kind which is **predominantly sugar** – e.g fruit winders, cereal bars, etc. These are no better for our children's teeth than pure sugar or sweets and as regards our Healthy Eating Policy would be regarded as sweets.

ALLERGIC REACTIONS

Due to the risk of allergic reactions to all nuts or products containing nuts, pupils are asked not to bring any nuts or peanut butter or Nutella into school.

BREAKFAST

A nourishing breakfast is a good start to a child's day and gives them the energy they need to concentrate, learn and participate fully in school activities. Therefore we would encourage parents to provide a healthy breakfast before coming to school.

HYGIENE

Pupils in our school will be aware of the importance of food hygiene and safety, when preparing and eating lunches – e.g. – washing hands, having clean lunch-boxes, etc. Signs will be displayed throughout the school to encourage pupils to become more aware of this.

ENVIRONMENT

As a Green School, we are very conscious of the effect we have on the environment. In order to raise awareness in our pupils of environmental issues, we ask that all children bring home their lunch rubbish. This serves the dual purpose of reducing our waste and letting parents see what their child has eaten during the day.

This Policy was reviewed in consultation with the teachers and parents of Edmondstown National School during September 2023.

The revised version was ratified by the Board of Management on 26th September 2023.

**Signed: Rev. R. Lyng, OSA
Board of Management**

Date: 26/09/2023

**Signed: Philomena Cleary
Principal**

Date: 26/09/2023