



## Kilbehenny National School

### Healthy Eating Policy

As part of the SPHE Programme, at Kilbehenny NS we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance.

To promote healthy eating habits in our school, a healthy eating policy started in 2016.

#### Aims

- To promote the personal development and well-being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.

#### Objectives

- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre.

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 from the start.

#### **Bread and Alternatives**

- Bread or rolls, preferably wholemeal
- Rice – wholegrain
- Pasta – wholegrain
- Potato Salad
- Wholemeal Scones
- Bread sticks
- Crackers
- Pitta Bread

#### **Fruit and Vegetables**

#### **Savouries**

- Lean Meat
- Chicken/Turkey
- Tinned fish
- Cheese
- Quiche
- Pizza

#### **Drinks**



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- Apples, Banana, Peach
  - Mandarins, Orange segments
  - Fruit salad, dried fruit
  - Grapes
- Milk  
Fruit juice  
Low sugar squash  
Yoghurt

#### A word about Milk

- Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a milk at lunch, encourage them to have a yoghurt or a small helping of cheese instead.

#### We do not want to see

- **Crisps**
- **Fizzy drinks**
- **Sweets**
- **Chocolate biscuits/bars**
- **Cereal bars**
- **Chewing Gum**
- **Fruit winders**
- **Popcorn**

We make an effort to be involved in the Food Dudes Initiative.

#### Green Flag

- Take home all uneaten food, silver paper, wrappings, containers and cartons
- Put only fruit peel in the compost bins
- Not bring in cans and glass – for safety reasons/

Parents/Guardians of any child with a medical condition which requires a special diet should contact the school.

[www.hse.ie/healthyeating/](http://www.hse.ie/healthyeating/)

[www.fooddudes.ie/html/parents\\_healthy.html](http://www.fooddudes.ie/html/parents_healthy.html)

[www.safefood.eu/Childhood-Obesity/A-guide-for-parents.aspx](http://www.safefood.eu/Childhood-Obesity/A-guide-for-parents.aspx)

These websites provide guidance on healthy eating options.

This policy was reviewed in March 2021



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Principal

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Date

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Chairperson, BOM

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Date