

St. Broghan's National School

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Healthy Eating Policy

Rationale

Why a healthy eating policy?

- To promote a whole school approach to healthy eating and nutrition
- To promote an awareness of the importance of a balanced diet
- To positively affect healthy eating among school-age children
- To raise levels of concentration within class through the consumption of healthy food
- To support and encourage healthy eating habits in children, which is hoped will become lifelong habits
- To provide members of staff, parents and those involved in school activities with clear information
- To protect the health and safety of children with serious food allergies.
- To encourage the children to be aware, alert and responsive to litter problems.

Benefits of a good diet

- Ensures the development of healthy hair, skin, teeth, muscles and strong bones
- Provides energy and aids concentration
- Strengthens the immune system

Breakfast

A nourishing breakfast is the best start to your child's day giving them the energy needed to concentrate and learn. Research has shown that children benefit both nutritionally and behaviourally from eating breakfast.

Lunch

- We are very lucky that our school is part of the Free Hot School Meals Program funded by the Department of Social Protection and our provider is The Lunch Bag.
- As part of The Lunch Bag program your child will receive a hot lunch which will be eaten at big break and snack items can be ordered at an additional cost.
- The hot lunch and any snack items ordered will be delivered, free of charge, fresh to our school each morning.
- Children and parents can choose their preferred hot meals and optional snacks from a menu each week on The Lunch Bag app. You will be provided with login details upon enrollment.
- Children should bring water to school each day and are provided with a refillable water bottle. Our tap water is safe to drink.
- The Lunch Bag portion sizes are the recommended amount for your child's age and your child doesn't need to be supplemented with any additional food for the day.
- Should you decide that you would like to supplement your child's lunch please see

below list of food items not permitted.

- The children will bring home uneaten snack items and food packaging to reduce waste in line with our Green School status.

Foods not recommended

The School in general or individual classes may have food items not permitted if there is a specific allergy identified within the school or class. This will be communicated to parents at the start of the school year or as soon as the school is informed.

- Fizzy drinks, sports drinks and drinks/ juices with high sugar content
- Chocolate/ cereal bars
- Chocolate spread
- Crisps
- Other salted products e.g. peanuts
- Popcorn
- Sweets
- Other sugary products e.g. fizzy sweets, lollipops (choking hazard)
- Chewing gum

Suggestions for healthier snacks (but not limited to)

- Sandwich, roll, bread, crackers
- Fruit, vegetables
- Milk, Water, soup in a flask (for senior classes 3 rd -6 th), pure fruit juice
- Scones, plain buns (no icing), brack
- Yogurt, fromage frais
- pasta

Special Treats

On specific days during the school year the children will be permitted special treats.

- End of term parties
- School Trips
- Small treat on Friday e.g. fun size bar, penguin bar, snack pack of biscuits, one serving of jelly sweets such as Haribo
- Occasionally teachers may give a treat as a choice of reward