



## Scoil Chlíodhna Community National School (CNS), Carrigtwohill GAA, Carrigtwohill, Co. Cork.

### *Healthy Eating Policy*

#### **Introduction**

This policy was drafted by the school principal in consultation with the single school manager and teacher at Scoil Chlíodhna CNS in April 2016. This policy outlines how the school supports healthy eating practices through the promotion of healthy lunches and healthy snacks.

#### **Aims**

- To develop an awareness of the importance of a balanced diet for growing and staying healthy.
- To encourage children to make healthy choices about food and nutrition.
- To promote the health of the child and provide a foundation for healthy living.
- To maintain high levels of concentration within class due to the consumption of healthy food.

#### **Lunches/Snacks**

Lunch is an important meal for school going children. It is recommended that school lunches are healthy and provide one third of a child's recommended daily allowance of nutrients.

Children will normally have two food breaks during the school day to eat their lunches. They will have one small fruit/veg break in the morning and one lunch break in the afternoon. It is important that the foods children bring to school are easy for them to manage themselves.

#### Suggestions for healthy breaks include:

- Fruit: whole pieces of fruit (e.g. apple, banana, pear), chopped fruit (e.g. melon, pineapple) or dried fruit (e.g. raisins, dried apricots)
- Vegetables: chopped vegetables (e.g. peppers, cucumber, carrot sticks) or small whole vegetables (e.g. sugar snap peas, cherry tomatoes).
- Yoghurt

#### Suggestion for healthy lunches include:

- Filled sandwiches, rolls, wraps, bagels, pitta breads etc.
- Examples of fillings: ham, chicken, tuna, cheese, lettuce etc.
- Crackers and cheese
- Pasta/Rice

## Drinks

It is important that children have enough fluids during the day. Research has shown that a lack of fluids can affect concentration. Therefore, we recommend that every child brings a drink to school each day. We encourage children to bring tooth friendly drinks to school **i.e. milk or water.**

Drinks that are encouraged in Scoil Chlíodhna CNS:

- Milk
- Water
- Unsweetened fruit juice
- Sugar free diluted drinks/squash

## Unsuitable Foods & Drinks

We strongly discourage foods and drinks that are high in fat, sugar or salt.

The following foods and drinks are strongly discouraged in Scoil Chlíodhna CNS:

- Fizzy drinks
- Sweets
- Chocolate bars
- Biscuits
- Cakes/buns
- Cereal bars
- Crisps
- Chewing gum

## Other Tips, Hints and Information

- It is very important that children eat a **healthy breakfast** before coming to school so that they have the energy they need to concentrate, learn and participate fully in school activities.
- Ensure that children can **manage** lunch boxes, drinks bottles and food **items independently.**
- We encourage children to bring their **rubbish home** in their lunchbox to keep parents informed of what they have eaten and to reduce our waste.
- Cakes, buns or treats for **birthdays** will not be distributed in school. School staff cannot be responsible for handing out party invitations. Parents can do this in a subtle manner outside of school hours.
- Staff will support the healthy eating policy and will only give treats on special occasions.

**This Policy will be reviewed in April 2019**

Signed:

\_\_\_\_\_

\_\_\_\_\_

**Liam Ahern, Manager**

**Gráinne Newton, Principal**

Date:

\_\_\_\_\_

\_\_\_\_\_