



HEALTHY EATING POLICY

Through this policy the school aims to help all those in our school community; children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

All children bring a packed lunch to school in addition to a snack for the morning break.

It is the policy of our school that:

- Healthy lunches be encouraged and fizzy drinks, sweets, bars, chocolate and crisps be discouraged.
- A healthy lunchbox includes a piece of food from each of the bottom four shelves of the Food Pyramid. See next page. e.g. ham sandwich, carton of orange juice and strawberry yogurt.
- Cans and glasses are not permitted for safety and litter reasons. Healthier choices for drinks include water, milk and unsweetened fruit juice.
- Foods, which have wrappers, are best kept to a minimum. All food wrappings must be brought home and we encourage the use of lunchboxes and reusable bottles for drinks. This is an important element in our Green School Policy

To help highlight awareness of healthy school lunches the “Food Dudes” Healthy Eating Programme is practised in Creevy N.S.

Food Dudes is a programme developed by the Food & Activity Research Unit at Bangor University Wales to encourage children to eat more fruit and vegetables both in school and at home. It is based on positive role models (the Food Dudes characters), repeated tasting and rewards. In large-scale studies in schools in England and Wales and in over 100 schools in Ireland, the programme has been shown to be effective and results long lasting across the primary age range, regardless of gender, school size, geographic and socio-economic factors. It is ultimately designed to enable children to enjoy eating healthy diets, and to create a healthy eating culture within schools.

Food Dudes is now being offered to all primary schools in Ireland.

The Effects of Eating Fruit and Vegetables

Eating a diet rich in fruit and vegetables protects against many illnesses including cardiovascular disease, stroke, cancer, obesity and asthma. It also provides a source of energy and nutrition and keeps skin, teeth and hair healthy. However, consumption levels in Ireland are considerably lower than the recommended five portions a day. Research has shown that eating habits are established early in life and it is therefore important that any attempts to produce long-term improvements in the nations diet should start with children.

A healthy lunch includes:

- 🍎 2 servings from the bottom shelf; and
- 🍎 1 serving from the next three shelves.

Fluid intake is very important and children should be encouraged to take a drink with their meal. The children will be allowed to drink water during the school day if it is provided in a non-spill bottle.

Good Choices	Only At Meal Times	Not Tooth Friendly
Water Milk	Diluted Sugar Free Squash Unsweetened Fruit Juice	Fruit Drinks Fizzy Drinks

Lunch Box Ideas

- Keep food manageable e.g. give a peeled orange, apple cut in bite size pieces.
- Avoid messy foods e.g. Frubes which spill easily when opened

The following items should not be included in your child's lunchbox for the reasons stated:

Actively discouraged:	Because:
Nuts	They represent a choking hazard and a number of pupils in this school have a severe nut allergy
Sweets Chocolate Bars Crisps & similar snacks Fizzy Drinks	They are on the top shelf of the pyramid and do not contribute to a nutrition's diet - which is essential for learning, health and well being
Chewing Gum	It represents a litter problem

Get your child involved



Make their lunch fun!

Ratification

This policy was ratified by the BOM on: 25th May 2011

Signed : Fr. Cathal Ó Fearraí

Chairperson, Board of Management