

## Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at *Wexford Educate Together N.S.* 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 (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

To promote healthy eating habits in our school, we introduced a healthy eating policy.

### ***Aims***

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

### ***Objectives***

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. 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 (roughage).

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

### ***Bread & Alternatives***

Bread or rolls, preferably wholemeal  
Rice – wholegrain  
Pasta – wholegrain  
Potato Salad  
Wholemeal Scones  
Bread sticks  
Crackers  
Pitta bread  
Cous Cous  
Quinoa  
Noodles

### ***Savouries***

Lean Meat  
Chicken/Turkey  
Tinned Fish e.g. tuna/sardines  
Cheese  
Quiche  
Salmon/Mackerel

Beans and pulses

***Fruit & Vegetables***

Apples, Banana, Peach  
Mandarins, Orange segments,  
Fruit Salad, dried fruit,  
Plum, Pineapple cubes  
Grapes,  
Cucumber, Sweetcorn  
Tomato

***Drinks***

Milk  
Fruit juices  
Squashes, i.e. low sugar  
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 glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

***We ask that children do not bring the following to school:***

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following (unless specifically required for medical reasons):

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Chewing gum
- Nuts- (as we have children with nut allergies)

Praise and Encouragement: The staff at Wexford ETNS regularly uses praise and encouragement to motivate the children and to encourage them to eat healthily. Children are often involved in baking and cooking in school and this in turn encourages children to be aware of and to try different types of food. This is linked with the Learn Together Programme where in learning about different cultures, food tasting can be an important aspect of the learning.

***A very simple approach to healthy eating is to use the Food Pyramid:***

Fats  
Sugar  
Sweets etc.

Sparingly

Meat, Fish 2 portions per day

Peas/Beans

Milk, Cheese  
Yoghurt 3+ portions per day

Fruit & Vegetables 4+ portions per day

Bread, Cereals & Potatoes 6+ portions per day

### ***Treat Day***

Friday will be our treat day. On this day, children can include one food item from the 'not allowed' list. Please note: popcorn is only allowed on Fridays. The teacher remind the children to eat their healthy lunch first and leave their treat until last.

### ***Green Flag School***

Our green school motto is:

*'Reduce, Reuse, Recycle today, we will be green in every way'*

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins (Mr C.)
- not bring in cans and glass – for safety reasons.

**N.B. Parents/guardians of any child with a medical condition which requires a special diet or has an allergy to any foods, should inform the school upon enrolment in the registration form.**