

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

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.