

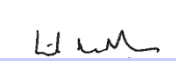


Westport Educate Together National School

Healthy Eating Policy

Overview of policy

“As part of our SPHE (Social, Personal and Health Education) we, at Westport Educate Together, are committed to promoting and encouraging a healthy food policy. This policy applies to our lunches, or any Breakfast/Afterschool Club we provide in the future”.

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Created By	Niall Quinn (Principal)
Signed by Principal	
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Approved by Chairperson name	Linda McNulty
Approved by Chairperson signature	
Approved by Board Date	
Date of next review	



Contents

1. Rationale	3
2. Healthy Lunch-box Guidelines	3
3. What should <i>not</i> be in a healthy lunch?	4
4. Water	4
5. Healthy Food Programmes	4
6. What about Special Occasions?	4
7. Appendix 1.....	5



1. Rationale

School age is a perfect time for children to learn about healthy food as they begin to make choices for their own lifestyle.

The Aims of this policy are:

- To promote the health of the child and provide a foundation for healthy living in all its aspects.
- To promote the personal development and well-being of the child.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- The role of the teacher is to educate the children through the new curriculum on the role of healthy eating.
- The role of the parent is to bring home the message of healthy eating.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

2. Healthy Lunch-box Guidelines

Lunches provide about one-third of our daily nutritional needs so it is important to put some thought and planning into them.

Healthy Lunch-Box Guidelines (See also Appendix 1 for healthy lunch ideas)

- Sandwiches or rolls with cheese, ham, chicken, turkey, tuna etc
- Pitta bread, crackers, breadsticks
- Fruit (peeled and chopped for small children) such as bananas, oranges, apples, grapes, peaches, pears, pineapple cubes, fruit salad and even dried fruit. NB! To cut grapes in half for infant classes.
- Vegetables (washed and chopped) such as carrots, peppers, tomatoes, cucumber, celery sticks, why not add a dip such as hummus!
- Cheese
- Pasta, couscous or rice
- Yoghurt (easy to open and low in sugar)
- Milk
- Water



3. What should *not* be in a healthy lunch?

- Crisps, salted nuts or popcorn
- Chocolate, sweets, lollipops or jellies
- Chewing gum
- Cake, biscuits, pastries, cereal bars or doughnuts
- Chocolate spreads of any kind, chocolate biscuits

What drinks should not be allowed?

- Fizzy drinks/Sports drinks
- Sugary drinks
- Hot drinks (in case we spill them)

Under no circumstances should nuts or nut products (e.g. peanut butter) of any kind be included in lunch-boxes due to serious allergies within the school.

4. Water

In our school the children eat twice a day, before going out to play. To ensure good concentration it is important for children to drink lots of water, so please encourage your child to bring a bottle of water.

5. Healthy Food Programmes

During the course of the school-year some of the classes may also get to take-part in some Healthy Food Programmes such as Food Dudes and Cool Dudes which are specifically designed to support and educate children in healthy eating.

6. What about Special Occasions?

We will make some exceptions for a 'treat' for special occasions which include;

- School Tours
- End of Term celebrations
















(But remember NO NUT PRODUCTS and NO BIRTHDAY CAKES please, keep them to celebrate at home)

Appendix 1

HEALTHY LUNCH BOX TO GROW, LEARN AND PLAY



Here are some ideas to help you prepare and pack a healthy nutritious school lunch.

DAY	DRINK	FRUIT	SANDWICH	TODAY'S TIPS
MONDAY				Try different breads such as pitta, bagels, granary and muffins
TUESDAY				Milk is the best drink for healthy bones
WEDNESDAY				Try a salad box with rice or pasta for a change
THURSDAY				Avoid fizzy and sugary drinks, they are bad for your teeth
FRIDAY				Yoghurts are a tasty snack and good for you too!

Drinks: Think before you drink! Milk and water are best or sugar free squash (one part squash to four parts water)

Fillings: Salads (eg. cucumber, tomato, apple) and relish can be added to give flavour.

Remember:

Convenience snacks are high in salt and additives and should not be eaten on a regular basis.

Encourage your child to make their own lunch. They will be more inclined to eat it if they had a part in making it!