St. Patrick’s N.S.

Drumshanbo,

Co. Leitrim.

Roll No: 19423J

**Healthy Eating Policy**

**Reviewed: January 2023**

**Ratified: February 2023**

**Full Review: 2027**

**St. Patrick’s National School**

**Healthy Eating Policy**

**Introduction:** This policy was reviewed by the school staff during the last term of the 2019/2020 school year.

**Rationale:** To promote healthy living, healthy lifestyle and to create awareness of the importance of a healthy balanced diet.

**Aims:**

The aims of the policy are to:-

* Eradicate junk food from lunches.
* Foster an awareness of healthy alternatives to junk food.
* Support parents in their efforts to provide a well balanced diet.
* Foster a positive attitude towards healthy eating.
* Nurture an interest in the preparation of healthy food and enjoyment of eating.

The following food items **are not** allowed:-

* All crisps and crisp related food e.g. Pringles
* All chocolate products e.g. bars, chocolate coated products, including biscuits and chocolate spreads. Yogurt with chocolate additives
* All sweets and sweet biscuits
* Chewing and bubble gum
* Pastries, buns, doughnuts, cakes and cake bars.
* All cereal bars due to high sugar content
* All hot foods e.g. chips, wedges etc.#
* Fizzy drinks

The following food items are suitable suggestions:-

* All bread and crackers
* All fruit and raw vegetables
* Cheese
* Scones, fruit scones, plain biscuits and brack.
* Unsweetened popcorn.
* Suitable sandwich fillings – roast beef, turkey, peanut butter, chicken, jam, marmalade, egg and onion etc.
* Drinks – Milk, water, flavoured milk, fruit juice.
* Yogurts and yogurt drinks

The Food Dudes Programme was introduced in the 2013/2014 school year to encourage children to eat more fruit and vegetables. All children took part in this programme.

* **Exceptions will be made for children with special dietary requirements i.e. coelaic disease or diabetes.**
* **Children who bring a banned product into school will have the product confiscated.**
* **On special occasions, pupils may be rewarded with treats and we may allow the children to bring a little treat on Fridays.**

This policy will only be successful with the good-will, common sense and full co-operation with the whole school community.

Please find attached information sheet.

**Healthy lunchbox tips**

A healthy lunch box should include a wide variety of foods

The lunch box should include at least one portion each of:-

* Bread and Cereal
* Fruit and Vegetable food groups
* Dairy Products
* Meat or an alternative (see examples below)
* Try not to offer the same foods on consecutive days

Make an effort to add interest to the lunchbox e.g. different types of bread – pitta bread, bagels, wholemeal rolls.

Fluids are important for children – up to 6 cups of fluid should be encouraged daily. Remember to avoid sugary and fizzy drinks.

**Fun ideas**

* Use biscuit cutters to cut sandwiches into fun shapes
* Put juice drinks in the freezer overnight and as the day goes on it will thaw out and be cold and slushy.
* Theme a lunchbox on a different country e.g. Italian – add a pizza slice, Mexican – fill flour tortilla with a filling of your choice.
* In the winter or on cold days you could make some home-made soup for your child
* In the summer, salads are light and refreshing and full of essential vitamins and minerals.

**To help you get the correct portion size here is a list of examples for all the food groups:-**

* 1 portion of fruit or vegetable
* 2 small fruit e.g. plums or satsuma
* 1 banana or apple
* 1 bunch of grapes
* A handful of dried fruit e.g. raisins or sultanas
* Celery or carrot stick

**1 Portion of starchy foods such as bread and cereals**

* A slice of bread, a bread roll, tortilla wrap, pitta bread
* A couple of handfuls of popcorn (plain, unsalted), a scone
* Slice of deep pan pizza – avoid pepperoni, sausage, spicy meat and double cheese
* 3 – 4 tablespoons of rice or pasta

**1 Portion of dairy**

* A pot of custard or yogurt
* A carton/glass of milk
* A triangle of spreadable cheese or 2 cheese slices

**1 Portion of meat or alternatives**

* One slice of meat or cheese in sandwich filling
* One hard-boiled egg, half a small can of tuna or salmon
* 1 – 2 tablespoons of chickpea spread, e.g. hummus – try as a dip with carrots/celery

**Sometimes it is very difficult to think of an alternative to snacks high in sugar or fat. Here are some other options:-**

**Healthier options to crisps:-**

* Washed, cut-up, raw vegetables. e.g. sticks of carrot, celery, pepper, cucumber.
* Whole raw veg. e.g cherry tomatoes
* Fruit e.g. 1 apple, 1 banana, 2 kiwis, handful of grapes, small box of raisins
* Plain popcorn
* Dried mixed fruit (no added sugar)
* Breadsticks

**Healthier options to confectionery**

* Mini tin of fruit in juice
* Fromage frais or yogurt with crunchy bits
* Currant buns, scones, fruit breads
* Semi-sweet biscuits e.g. Digestives

**Healthier options to fizzy drinks**

* Unsweetened fruit juice
* Fizzy water or flavoured bottled water
* Milk, flavoured milk or low-fat milkshake

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**Ratification of policy for St. Patrick’s NS**

**Martin McGowan 28/02/23**

**Chairperson Date**

**Ruth McLoughlin 28/02/23**

**Principal Date**