

**Gaelscoil Eoghain Uí Thuairisc**  
**Garrán na Fuinseoige**  
**Ceatharlach**

**HEALTHY EATING POLICY**

The aim of Gaelscoil Eoghain Uí Thuairisc's Healthy Lunch Policy is to promote a culture of healthy eating within the school community.

This aim will be achieved by

- \* providing clear guidance in relation to suitable school lunches/snacks
- \* giving parents suggestions and tips on appropriate foods
- \* incorporating the healthy message through formal lessons (SPHE etc) and informally throughout the school day.

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.

Nutrition, i.e. what people eat, is known to be one of the key factors influencing their health and well-being. It is also essential for good concentration and energy levels. All children bring a packed lunch to school. Children should get one third of their daily dietary requirements from lunch. It should be free from excessive amounts of fat, salt and sugar. Food is also a feature of school celebrations. The taught curriculum provides an opportunity to teach about food and healthy lifestyles.

**It is the policy of our school that:**

Healthy lunches be encouraged. A healthy lunchbox includes items such as sandwiches/wraps/baps with meat/ salad/ cheese fillings, crackers and cheese, pasta, plain biscuits, yogurts, healthy snacks etc. Child's age and appetite to be taken into account when deciding on portion size.

Suggestions for healthy lunches are outlined in **Appendix 1**.

Nuts and foods containing nuts are not permitted as several children attending the school have nut allergies, some very severe and life threatening. These include peanut butter and Nutella and other foods in which nuts are a named ingredient.

Chewing gum, fizzy drinks and nut/nut products are prohibited at all times.

Certain cereal bars with high sugar content are also discouraged.

On special occasions a 'lón deas' may be given e.g féastaí ranga. A 'lón deas' consists of a small treat alongside the regular lunch e.g. chocolate bar, bag of crisps or popcorn, a small bag of sweets.

Cans and glasses are not permitted for safety and litter reasons.

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.

Fluid intake is very important and children will be encouraged to bring a drink, preferably water with them to school. Milk will be available within the school from October to Easter through the School Milk Scheme.

Food to be kept manageable e.g. give a peeled orange.

Messy foods and excess packaging to be avoided.

**To help highlight awareness of healthy school lunches the following will take place:**

- At the beginning of each school year teachers and pupils will discuss healthy eating.
- During the year all classes will receive lessons on healthy eating as per S.P.H.E and Science curriculum

#### **Initial Implementation September 2009**

- Ensure that the whole school community is familiar with the policy and is prepared to work within it.
- Ensure that everyone is aware of changes that the policy will make in practice.

#### **Sustaining and strengthening the policy within the school and home**

- Praise and affirmation.
- Reminders on school letters/ newsletters throughout the year.
- Inform all new staff of the policy.
- Display the Food Pyramid poster and any other relevant posters.
- Use national campaigns, for example National Healthy Eating Week, to highlight awareness.

#### **Success Criteria**

- Positive feedback from parents, teachers, pupils.

#### **Ratification and Communication**

This amended policy was ratified in May 2016 and it was communicated to the school community through newsletter and the school website.

Review date: Summer 2018

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Chairperson of B.O.M)

## Appendix 1

### Smaointe do Lón Sláintiúil / Suggestions for a Healthy Lunch

#### Sandwiches and Wraps

Sliced or Homemade bread - vary between wholemeal, granary, multi-grain and white  
Bread roll, pitta bread, naan, bagel, tortilla/wrap, oatcakes, crepe/pancake, potato cake, malt loaf, hot cross bun, scone rice cakes

#### Fillings/Toppings

Meat - cooked meats e.g. chicken/turkey breast with tomato and lettuce, ham and cheese, roast chicken and hummus, leftover cold meats (chicken, meatloaf, sausages etc.) with salad, chicken and mashed avocado, cold B.L.T.

Fish - tuna, mayonnaise and sweetcorn, tuna salad, fish paste and cucumber

Veggie - grated cheese, cheese spread, cream cheese, Quorn slices and salad, cottage cheese with pineapple, cheese and grated carrot with a little mayonnaise or relish, veggie sausages, vegetarian pate with cucumber, cheese and coleslaw, egg salad/egg mayo, cheese and pickle, Marmite

#### Other Ideas

Carbohydrate based salads such as pasta salad, rice salad, cous cous, potato salad

Plain or fruit bun, muffin or slice of cake

#### Five-a day Options

Any combination of the following, in a small pot or bag: raisins, sultanas, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes

Whole fruits - satsumas, apple, banana, pear, peach, plum, grapes, strawberries or whatever fruit is in season

Fruit salad pot - any combination of prepared fruit: strawberries, orange, melon, mango, pineapple, kiwi etc.

Homemade fruit puree, smoothie or apple sauce (strawberry peach etc. can be added to it)

Salad pot - any combination of prepared raw vegetables: cucumber, lettuce, pepper, celery, cherry tomatoes, carrot sticks, mangetout, slices of avocado sprinkled with a little lemon juice etc. or coleslaw

#### Good for Growing Bones

Fruit yoghurt, fromage frais or dairy-free alternative

Cold rice pudding or custard

Greek/plain yogurt

Cubes of cheese or pre-packed lunchbox sized cheese portion, cottage cheese with pineapple

Dips: hummus, cream cheese and plain yoghurt

#### Drinks

Water, milk, pure fruit juices, highly diluted squash, yoghurt drinks (occasionally, as these can have a negative impact on teeth)

