



Healthy Eating Guidelines

As part of the Social, Personal and Health Education (SPHE) Programme, at *Templederry NS* 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 starting from _____.

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 traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

AIM:

1. To promote the personal development & well-being of the child
2. A healthy diet will help a child reach their physical & mental potential. In the School Environment there are daily activities that are natural to our learning curriculum which require both physical activity and a good amount of concentration. We can encourage and enhance a child's development with promoting our healthy lunch's policy.
3. To enable a child to appreciate the importance of good nutrition for growth & development & how this has long-term benefits
4. To empower a child to ownership of personal food choices with the positive potential from adopting a healthy balance diet

HOW:

1. Healthy Ireland & FSAI have published the latest recommendation for healthy living in Ireland and we have adapted some of this information your use, please see details attached (FSAI, 2019.)
2. Reward System (Class work = time on Pitch or Movie???)
3. Specific Foods are not permitted for Lunches during schools
4. Exceptions are made on Excursions & Fun Days



Why is this important?

- Children during their primary years are going through a gradual **growth phase** (the rapid growth is at infancy/toddlerhood & at puberty) so we need to support this growth phase with nutritious foods
- Good Nutritious foods ensure **good concentration** during schoolwork & provide **energy for play** at break time. Sugary foods, processed snacks & popular bars will provide only a short burst of energy & can often lead to poor concentration, tiredness and poor mood. This makes it harder on the children to concentrate on their activities or perform well in their sporting activities.
- Variety is essential. Having a variation in the food choices adds a better mix of nutrients thus helping build up one's **immune system** and help ward off colds, flus etc
- Variety of food choices will also increase a child's **palate & preferences** for variation in healthy foods for life-long health.
- **Hydration** is vital for everyone; approx. 70% of the human body is made up water thus it is essential for everyone to drink fluids.
- We would encourage water or milk as the main drinks for as part of the healthy lunches policy & discourage the use of juices & other sweetened drinks as they can cause dental caries. Fizzy Drinks are not permitted.
- Have your child **involved in food preparation** – this will increase their own interest in food & healthier choices

We Ask that children do not bring the following to school:

- Crisps (including any crisp like snacks)
- Fizzy Drinks (including fizzy flavoured water)
- Sweets
- Chocolate / Bars
- Biscuits
- Fruit Winders
- Nutri-grain Bars
- Chewing Gum
- Cereal Bars

So as to take a proactive approach to healthy lunches, teachers will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

Templederry NS



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**A very simple approach to healthy eating is to use the Food Pyramid:
 Healthy Ireland Food Pyramid (FSAI,2019)**



Recommendations for Children aged 5-12 years

	Foods and drinks high in fat, sugar and salt	NOT every day
	Fats, spreads and oils	In very small amounts
	Meat, poultry, fish, eggs, beans and nuts	2 servings per day
	Milk, yogurt and cheese	3 to 5 servings per day
	Wholemeal cereals and breads, potatoes, pasta and rice	3 to 4 servings per day (very active girls will need more)
	Vegetables, salad and fruit	5 to 7 servings per day

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Tips to encourage a healthier balanced lunch

Include One Portion from Each Food Group to have a mix of Nutrients & to ensure your child has enough energy to complete their school activities

Fruit, Vegetables & Salad	Wholemeal Cereals/ Breads	Dairy	Meat/ Poultry Nuts
<p>Carrot Sticks Slices of Peppers Lettuce / Cucumber / Celery/ tomatoes Include in Sandwiches Apples /Bananas/ Oranges/ Grapes/ Strawberries/ Melon/Blueberries/ Kiwis/ peaches/ pears Chopped Fresh Fruit Tinned Fruit Homemade Soup</p>	<p>Wholemeal or Granary Bread Wraps Pitta Breads Cooked Pasta / Rice mixed as a cold Salad (leftover from last nights supper) Brown Scone Homemade Brown Bread Homemade Flapjacks</p>	<p>1 School Milk 1 tub of yogurt 1 match size of cheese or size of 2 thumbs 1 tub of Custard / Rice Pudding 5-12 year old need to have 3-5 portion of dairy over the day. Including one at lunchtime will help meet their needs</p>	<p>Slice of cold meat from yesterday Dinner – Chicken / Beef/ Lamb/ Pork/ Turkey Ham or Deli Meats Tinned Tuna / Salmon/ Sardines Boiled Eggs Hummus or Nut Butter on Crackers Mixed Nuts / chopped nuts Quiche Slices</p>
<p>The rainbow of colours in Fruit & Vegetables will provide a wider variety of nutrients for growth & health</p>	<p>Wholemeal or Brown Options provide more fibre & give a slower release of energy</p>	<p>Dairy is important as it is a key source of Calcium for bone development Dairy is also a</p>	<p>This provides the building blocks for the body for Strength & Development</p>

We have included some booklets from Safe Food and other sources on our school website and on the school app to help people come up with loads of lunchtime ideas.

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Treat Day

From time to time we may have a treat day. On this day, children can include one food item from the 'not allowed' list.

Food and Packaging Waste

In an effort to cut down on food and packaging waste in school and because composting is no longer an option for us children are asked to bring home their food and drink waste in their lunchbox. Uneaten lunches are also to be returned home. We thank you for your co-operation on this.

Acknowledgement: The Board of Management would like to thank Margaret Hanly parent and nutritionist for all her help in putting this policy together.

N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

This policy was ratified by the Board of Management on _____.

It will be reviewed on _____.