

St. Andrew's National School

Healthy Eating Policy

Rationale:

This policy was formulated after staff discussions and analysis of results from a survey which was carried out among the parents of St. Andrew's N.S.

The focus of this policy is to support parents and pupils in relation to healthy eating habits from an early age.

This policy is linked to the curriculum areas of

- S.P.H.E.: Taking Care of My Body - Food and Nutrition and Making Choices
- Science: Myself - Human Life Processes

Objectives:

- To help children and parents make healthy food and drink choices
- To improve the children's concentration and energy levels during the school day
- To develop an awareness of nutrition and the benefits of a well-balanced diet

St. Andrew's N.S. Healthy Eating Guidelines



- A healthy lunch-box should include a piece of food from each of the lowest 4 levels of the Food Pyramid.
- Treats are limited to 1 **small** treat per week on Fridays.
- Children are only allowed to drink still, unflavoured water or milk during the day. Bottles can be filled with drinking water in the classrooms.
- Treats will not be given out to the class by teachers on a child's birthday.
- Staff will support the healthy eating policy by not offering sweets to children as rewards or prizes but may give treats at the end of term or the end of the school year.
- In support of our Rubbish Free School policy, we encourage reusable, airtight lunch containers and all waste materials are brought home. Food waste can be disposed of in the compost bins.
- A Traffic Light Checklist will be put in place to assist parents in planning school lunches.

Traffic Light Checklist

- Items marked with a green sign are encouraged as healthy options for the children to eat at any time during the week.
- Items marked with an orange sign are discouraged from Monday to Thursday and are allowed as a treat on Friday. One small treat item is also allowed on school tour days.
- Items marked with a red sign are not allowed at all.




Green = Anytime



Orange = Friday Treat



Red = Not allowed at all

|  |  |  |
|---|---|---|
| All fruits | Mini bars | Fizzy drinks |
| All vegetables | Homemade flapjacks | Capri Sun |
| Nuts | Small cupcakes | Fruit juice |
| Wholegrain breads/rolls/wraps | Cereal bars | Ribena/Mi Wadi |
| Ham/Chicken/Tuna | Chocolate spread | Sweets |
| Low sugar yoghurt | High sugar yoghurt eg. Muller Corner | Chewing gum |
| Hummus | Plain biscuits eg. Digestives, Hobnobs | Full size bars |
| Couscous | Fruit smoothie | Crisps/popcorn |
| Pasta | | |
| Cheese | | |
| Milk/Water | | |

Lunchbox Suggestions:

Sample Weekly Planner

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|------------------------|---|---|--|
| Hummus + veg. sticks | Yoghurt | Banana + mixed nuts | Crackers + cheese | Slice of melon |
| Kiwi + strawberries | Fresh pineapple chunks | Low-sugar Yoghurt | Grapes Or Carrot sticks | Homemade Flapjack (Treat) |
| Ham, salad, wholegrain roll | Pasta salad | Tortilla wrap with chicken, cheese and salad. | Ham, salad sandwich in wholegrain bread | Pita pocket with tuna, sweetcorn and lettuce |

Tips for Younger Children:

- It is very helpful if sandwiches are cut in to small, manageable portions.
- It is also very helpful if fruit is already peeled for the child e.g. Mandarins
- Use small containers to keep chopped up fruit and vegetables fresh and easy to eat.

Timeframe and Implementation of the Policy:

The policy will be implemented on ratification by the staff and the Board of Management.

Review:

The plan will be reviewed periodically. All changes will be ratified by the BOM and the staff.

Ratification and Communication:

On ratification of this plan by the staff and BOM, it will be communicated to all teachers and parents through distribution and will become part of school policy

This plan is ratified by the Board of Management on 29th June 2015

Appendix:

Websites that were used to inform this policy

www.safefood.eu

www.littlesteps.eu

