

ASDEE N.S.



HEALTHY EATING

POLICY

As part of the Social, Personal and Health Education (SPHE) Programme at Asdee N.S., 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. Unfortunately, more and more of our children are carrying extra weight – which is increasing their risk of health conditions like heart disease, Type 2 diabetes, and even cancer in later life. Healthy foods are low in fat, low in sugar, low in salt, but high in fibre.

To promote healthy eating habits in our school, we introduced a healthy eating policy starting from 2004.

### **Aims**

- To promote the personal development and well-being of the child
- To promote the health of the child and provide a foundation for healthy living in all aspects

### **Objectives**

- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
- 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). 61% of children are not meeting the recommended amount of fibre in their diet.

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.

The following guide is designed to help you provide quick, appetising and nutritious lunches for your children

## **Bread and alternatives**

- Bread, rolls, wraps, pitta bread, scones - preferably wholemeal
- Rice, cous cous, pasta - preferably wholegrain
- Breadsticks
- Crackers
- Rice cakes

## **Savouries**

- Lean meat e.g. beef, chicken, turkey, ham
- Tinned fish e.g. tuna, salmon
- Cheese
- Egg

## **All fruit and vegetables**

### **Drinks**

- Water
- Milk
- Squashes (sugar free)
- Homemade soup

### **Yogurt**

- Petit Filous
- Frubes
- Natural yogurt

## **A word about milk**

Growing children should get approximately one pint of milk a day, or its equivalent as cheese or yoghurt. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him or her to have a carton of yoghurt or a small helping of cheese instead.

**We ask that children do not bring the following to school:**

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps
- Fizzy drinks
- Sweets
- Biscuits/cookies/bars
- Cereal bars
- Desert style yoghurts
- Chewing gum
- Fruit winders
- **Popcorn**
- Chocolate spread
- Capri sun
- **Innocent Smoothie or equivalent**
- **Actimel**
- **Dairylea dunkers**

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

Also, the first break of 10 minutes will be called a ‘fruit/vegetable break’ where children can bring fruit or veg for small break.

**A very simple approach to healthy eating is to use the Food Pyramid:** (For children aged 5 years and up)

- Foods and drinks high in fat, sugar and salt: No more than once or twice a week
- Fats, spreads and oils: In very small amounts
- Meat, poultry, fish, eggs, beans and nuts: 2 servings a day
- Milk, yoghurt and cheese: 5-8-year olds need 3 servings every day  
9-12-year olds need 5 servings every day
- Wholemeal cereals and breads, potatoes, pasta and rice: 3-5 servings a day
- Vegetables, salad and fruit: 5-7 servings a day

## **Treat Day**

On occasion e.g. end of month or term/holidays, children will be allowed to bring a treat or receive treats in class.

## **Green School**

Asdee N.S. is a green school. Children are asked to use re-usable lunch boxes and reusable plastic bottles. Please do not use non recyclable containers or disposable containers.

**N.B.** Parents/Guardians of any child with a medical condition which requires a special diet should notify the school.

This policy was ratified by the Board of Management in December 2021.

It will be reviewed again in 2023 or when the need arises.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Oliver Kearney

Chairperson of Board of Management

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Michelle Sheehy

Principal/Secretary to Board of Management