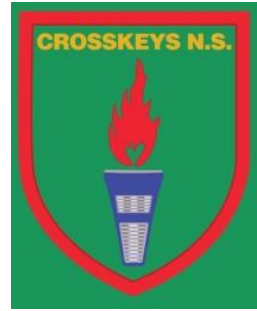

Crosskeys National School
Crosskeys
Co. Cavan

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23rd February 2023

HEALTHY EATING POLICY

This policy will be communicated to staff and the school community as appropriate and will be subjected to regular review.

Ratified on: 23-02-2023

Healthy Eating Policy

Crosskeys National School Carrickatober, Crosskeys, Co. Cavan

As part of the Social, Personal and Health Education (SPHE) Programme in Crosskeys National School 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).

The aims of this policy are:

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.

Our school has a healthy lunch policy and the following guide is designed to help you provide quick, appetising, and nutritious lunches for your children.

<u>Suggestions for your child's school lunch:</u>	
Breads	whole-grain breads, rolls, bagels, wraps, soda bread or pitta
Bread substitutes	oatcakes, plain rice cakes, pancakes or crackers
Fillings	cheese, tuna, hummus, cold meats, pate, egg, lettuce, spinach, cucumber, tomato, onion, peppers, coleslaw, salad, or banana
Hot leftovers in a flask	curry, pasta (with or without sauce), soup/chowder, baked beans, rice, stew,

	lasagne or noodles
Cold leftovers	various healthy choices
Fruit	apple, oranges, banana, grapes, pear, plum, peach, apricots, melon, grapefruit, pineapple, strawberries, raspberries, mango, blackberries or blueberries. Remember to peel and/or cut fruit and vegetables into bite-sized pieces for younger children
Raw vegetables	tomatoes, sweet corn, peppers, carrot sticks, celery sticks, broccoli, cabbage or cucumber
Dairy	yoghurt – low fat, fruit or natural yoghurt, cheese
Drinks	milk, water

A Word about Milk:

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth.

The following is a list of foods and drinks children are not allowed to bring to school:

- Crisps (including Pringles and other crisp-style snacks)
- Sweets
- Chocolate biscuits/bars
- Cereal bars with chocolate
- Chewing gum
- Fruit winders
- Frubes
- Popcorn
- **Nuts, including Nutella and nut based spreads**
- **Foods containing nuts - Because of the prevalence of nut allergies in our school, any foods containing nuts or traces of nuts are strictly forbidden.**
- Lollipops
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc.)

* Occasionally the children may receive a sweet treat from teachers, for example, at Christmas, Easter etc. or teachers may use their discretion to allow a treat(s) for a class party for example. Teachers will inform their pupils of this in advance where necessary. We understand that children with allergies may not be able to accept these treats and having consulted with parents an alternative may be given to them.

A very simple approach to healthy eating is to use the Food Pyramid:

Fats, Sugars, Sweets	Sparingly
Meat, Fish, Peas, Beans	2 portions per day
Milk, Cheese, Yoghurts	3 + portions per day
Fruit and Vegetables	4 + portions per day

Bread, Cereals and Potatoes	6 + portions per day
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Environmentally friendly School:

As we are an environmentally friendly school the children are asked to:

- use paper lunch bags or reusable lunch boxes
- use reusable beakers/ drink containers
- not to use cling film or tinfoil where possible
- not to bring in cans and glass – for safety reasons
- take home all waste and uneaten food

Children with medical conditions or allergies:

Parents/guardians of any child with a medical condition or sensory need which requires a special diet **or** whose child has a food allergy should contact the school in writing with details.

Implementation

Ratified by Board of Management and communicated to the school community.

Signed: *Donal Kilduff*

Date: 23rd February 2023

Fr. Donal Kilduff
Chairperson, BOM

Signed: *Niall Gurhy*

Date: 23rd February 2023

Niall Gurhy
Principal/Secretary to the BOM