

## Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme at Saint Feichín's 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).

To promote healthy eating habits in our school, we conducted a review of our healthy eating policy in January 2016.

### 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 Safefood website, [www.safefood.eu/Healthy-lunchboxes](http://www.safefood.eu/Healthy-lunchboxes), provides suggestions for balanced, nutritious and tasty lunches for children.

### 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 (including crisp-style snacks)
- Fizzy drinks
- Sweets
- Biscuits
- Bars
- Chocolate (including chocolate rice cakes, chocolate spread and chocolate yogurts)
- Cake/tart/buns
- Chewing gum
- Popcorn

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

Fats  
Sugar  
Sweets etc.

Sparingly

Meat, Fish

2 portions per day

Peas/Beans	
Milk, Cheese Yoghurt	3+ portions per day
Fruit & Vegetables	4+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

**Treat Day**

Friday will be our treat day. On this day, children can include something from the following list:

- Fun sized bar
- Slice of cake/tart/bun
- Biscuits

**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 \_\_\_\_\_.

\_\_\_\_\_  
*Chairperson, Board of Management*