



Naul National School  
Healthy Eating Policy

September 2020

# Introductory Statement

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

This policy was formulated in cooperation with staff, parents and board of management.

## Aims:

The aim of this policy is to ensure children eat a healthy, well balanced lunch thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life.

- To develop healthy eating habits.
- To help pupils improve concentration, learning and energy levels
- To support parents and children to make healthy decisions around food.
- To develop nutritional awareness i.e. ingredients in food.
- To reduce litter in the school by encouraging the use of reusable containers thus minimizing wrappers.
- To improve dental hygiene
- To encourage pupils to experience a wide variety of foods.
- To establish and maintain a nut free status.
- To enable the child to accept some personal responsibility for healthy lunch choices.

## **HEALTHY EATING POLICY**

*What people eat is known to be one of the key factors influencing long term health of school children and staff. The school day provides the opportunity for having at least one of the daily meals within the school. Food is often a feature of school celebrations. The curriculum provides an opportunity to learn and explore about food and healthy lifestyles. Through these guidelines Naul N.S aims to help all those involved in our school community, e.g. children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.*

1. Parents should ensure that children have a balanced breakfast to help them learn and concentrate better in school.

2. A healthy lunchbox includes a helping of food from the bottom four shelves of the food pyramid (see attached).
3. Some of the healthy snacks that we encourage include fresh fruit, vegetables, cheese, standard yoghurts (**non dessert**), plain rice cakes and crackers. Healthy fillings for sandwiches are encouraged.
4. All pupils are encouraged to bring plain milk to school or avail of the school milk scheme. Milk is an excellent source of calcium which is the main mineral present in bones and teeth. For children aged 9-18 years, 5 servings of calcium rich foods per day are recommended due to the importance of this mineral during this life stage.
5. Water will be made available throughout the day. Pupils are also encouraged to bring a plastic bottle of water to school. If children do not drink enough water, they may become dehydrated, thirsty, tired and weak.
6. Pure unsweetened juices or well diluted sugar free squashes (1 part squash: 8 parts water) may be included **but only as part of children's main lunch meal. Pre -packed juices in cartons and bottles are not allowed from branded companies.**
7. Chocolate spreads, chocolate dips and chewy /sticky bars, sweets, chewing gum, nuts, crisps, cereal bars, fizzy drinks and juice drinks are not permitted.
8. One small treat is allowed on Fridays. Treats should be small in size, as it is known that treat foods are high in sugar, fat and salt. Small Friday treat include a biscuit, bun, home baking, cereal bar, popcorn ( Note: a parental survey carried out in May 2017 voted in favour of the Friday treat). Sweets, chocolate, crisps are not allowed on Fridays.
9. Nuts are not allowed as nut allergies can be life threatening. Parents and children are asked to keep the school a nut free zone.
10. In keeping with the Green Schools Initiative, which addresses reducing litter and hence protecting the school environment, foods which have wrappers are to be kept to a minimum and the wrappers brought home.
11. On special occasions non-food related treats are encouraged.
12. When refreshments are provided at school-related events, the school will ensure that healthy choices are on offer.

13. Sweet treats for birthdays such as cakes, buns, sweets, party bags etc should not be brought into school as in the school setting, there may be so many birthdays that sweet treats are available nearly every day
14. On certain occasions during the school year the children can avail of buns/cakes e.g. at the October cake sale. Children may take in treats on special occasions such as Halloween, Christmas and Easter.
15. Nutrition & healthy eating will be included as part of the school curriculum.
16. Teachers and staff will provide positive modeling and support attitudes to encourage healthy eating including providing non-food related rewards.
17. 'Healthy Eating Awareness Days' will be held each term as an incentive to encourage healthy eating at school and at home.
18. The '*Healthy Eating Guidelines*' will be reviewed every two years and the policy will be visibly displayed in the school.
19. The school will take part in the food dudes campaign from time to time.

### **Healthy Lunch Options.**

#### **Snacks**

Try...whole-meal muffins, raisins, scones, raw vegetables, seeds, dried fruit, fruit yogurts, crackers, from age frais, bread., fresh fruit, rice cakes, sugar free jelly.

#### **Drinks**

Gulp down...water, unsweetened fruit juices, yoghurt drinks or smoothies.

#### **Carbohydrates**

What about ...whole grain breads, rolls, bagels, tortilla wraps, oatcakes, crackers, pasta, rice or rice cakes, pitta bread or pasta

Fillings could include: cheese, hummus, cold meats, lettuce, tomato, cucumber, onion, peppers, coleslaw, or salad

### **Fruit:**

Chop on apple, orange, banana, grape, pear, plum, kiwi, melon, grapefruit and many more.

### **Foods Not Allowed:**

Nuts and products containing nuts e.g. cereal bars (this is very important to take note of this)

Chewing gum

Lollipops

Sweets

Fizzy Drinks

Chocolate spreads

Crisps

Pre packed fruit juices in cartons and bottles

### **Roles and Responsibilities.**

#### **Role of Parents**

- Provide a healthy and well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child special dietary needs
- To implement school policy by not allowing their children to bring in the no foods
- To adhere to our nut free policy

## **Role of Pupils**

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring chewing gum or any of the No Foods
- Not to share their lunches.
- Not to interfere with others lunches.
- To sit eating their lunch

## **Role of Staff**

- To teach the pupils about healthy eating through the SPHE programme for each class level.
- Teachers to give adequate time to eat their lunch
- Small treat might be given on special occasions such as Halloween, Christmas and Easter.
- Children will be encouraged to recycle.
- Children will be encouraged to participate in the schools P.E. programme.
- Children will be encouraged to bring their wrappings home as part of the green schools programme.
- Teachers also to adhere to the healthy eating policy in front of the pupils.
- Staff must also observe the Nut Free Policy.

## **Implementation**

This policy will be communicated to all new parents and it is recommended to be read in conjunction with [www.healthpromotion.ie](http://www.healthpromotion.ie)

## **Review**

This policy will be reviewed annually at the beginning of each school year in order to make any necessary changes or adjustments.

Ratified by BoM September 2020

Use the

# FOOD PYRAMID

to plan your daily healthy food choices

**Alcohol weekly lower risk limits**

Men:	Women:
17 standard drinks. (170g alcohol over a week)	11 standard drinks. (110g alcohol over a week)

Standard drinks (SD) contain roughly 10g of pure alcohol

1 SD =  =  = 

The foods on these shelves are essential for good health, enjoy a variety every day.



**Foods and drinks high in fat, sugar and salt**  
Limit to sometimes, not every day.

**Reduced-fat spreads and oils**

Use as little as possible. Choose reduced-fat or light spreads, 1 portion pack for 2-3 slices of bread. Choose rapeseed, olive, canola, sunflower or corn oils, 1 teaspoon per person when cooking. Remember mayonnaise and salad dressing also contain oil.

**1 Serving size =**  
(The actual portion you eat may be bigger or smaller than a serving.)

**Meat, poultry, fish, eggs, beans and nuts**

Choose lean meat and low-fat cooking methods (grilling, baking, steaming or boiling). Choose fish twice a week - oily fish is best.

- 50-75g cooked (100g or size of a pack of cards uncooked) lean beef, pork, mince or poultry
- 100g cooked fish, sole or tofu
- 6 dessertspoons of peas, beans or lentils
- 2 eggs
- 40g unsalted nuts

**Milk, yogurt and cheese**

Choose 3 servings a day. Aged 9-18 years - choose 5 servings a day. Reduced-fat or low-fat varieties are best.

- 1 glass milk (200ml)
- 1 carton yogurt (125g)
- 1 yogurt drink (200ml)
- 1 matchbox size (25g) of hard or semi-hard cheese such as cheddar or edam
- 50g soft cheese such as brie or camembert

**Fruit and vegetables**

Choose 5 or more servings a day.

- 1 medium sized fruit - apple, orange, pear or banana
- 2 small fruits - plums, kiwi, mandarin oranges or 10 grapes
- 1/2 cup or 4 dessertspoons of cooked vegetables - fresh or frozen
- 1 bowl of salad - lettuce, tomato, cucumber
- 100ml unsweetened fruit juice

**Breads, cereals, potatoes, pasta and rice**

Choose at least 6 servings. High-fibre varieties are best. Include in each meal.

- 1 thin slice of bread
- 2 breakfast cereal wheat or oat biscuits
- 2 dessertspoons of dry porridge oats or muesli
- 4 dessertspoons of flake type breakfast cereal
- 2 dessertspoons of cooked pasta, rice or noodles
- 1 medium or 2 small potatoes

Drink at least 8 cups of fluid a day - water is best

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Use a 200ml disposable plastic cup to guide portion size of cereals, cooked rice and pasta, and peas, vegetables, salad and fruit.
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A matchbox can guide you on a serving of cheese. Reduced-fat options are best.
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The palm of the hand, with and depth without fingers and thumb, shows how much meat, poultry or fish you need in a day.
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Portion packs of reduced-fat spread found in cafes can guide the amount you use. One should be enough for 2-3 slices of bread.
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A 5ml teaspoon can guide your portion size for peanut butter, jam, marmalade or honey.

**Food Pyramid for adults and children aged 5 years and over.**

