

Healthy Eating Policy

A good diet and **plenty of sleep**, fresh air and exercise are essential to a growing child. A lack of concentration is quite often related to tiredness, which in turn leads to poor quality of work. Allow plenty of time in the morning for your child to eat a healthy breakfast. Eating habits started in childhood will influence your child's chances of a healthy life. A good variety of nourishing foods is important from the start to ensure a healthy growing child.

We have a number of children in the school who have heightened sensitivities or allergies to certain foods, especially nuts in any form. For these children, eating the wrong food or, in one case, having such food in their immediate vicinity could cause anaphylactic shock, cause serious illness or prove fatal. In an effort to prevent any of these ever happening, all parents are asked to be extremely careful in preparing their child's lunch. Please ensure that nuts or any nut derivatives in any form are never included. Also, please remind your child not to share or swap lunches.

Food

The following foods are recommended:

- Bread, roll, pitta bread, crackers or scones with a nutritious filling e.g. cheese, egg, meat, fish or salad.
- One or more pieces of fruit or vegetables or raisins.
- Yoghurts or yoghurt drinks (**except in Junior Infants**) may be eaten but please ensure that your child is able to store, open and eat yoghurts carefully and properly.

The following foods are not permitted:

- Sweets, bars, chocolate, biscuits etc.
- Chewing gum.
- Nuts or nut products.
- Breakfast or cereal bars.
- Crisps or popcorn.

- Birthday treats for themselves and fellow classmates.

Drinks

The following drinks are recommended:

- Water, milk.
- Fruit juice (check sugar content) or well diluted juice drinks – only for lunch times, not for sipping during the day

The following drinks are not permitted:

- Fizzy drinks
- Drinks in glass bottles
- Hot drinks, e.g. tea, coffee and hot chocolate.

Note:

As part of the Green Schools Programme it is important that packaging of school lunches is kept to a minimum. Cut down on the amount of packaging by refilling plastic bottles and reducing the use of tin foil and cling film in lunch boxes. Reusable sandwich bags are a good alternative to foil and cling film. All waste and uneaten food should be returned home in the lunch box.