

Scoil Asicus Naofa,

Strandhill,

Co Sligo.

Roll No. 15004P



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## Healthy Eating Policy

- We encourage healthy eating in school.
- School is "nut free" due to allergies.
- No fizzy drinks, sweets, crisps or chewing gum in school.
- We prefer rewards that are not sweets.

As part of the Social, Personal and Health Education (SPHE) Programme, at Scoil Asicus 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).

### 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.

Lunch is an important meal for school-going children. Children will have 5 minutes to each their morning snack and 10 minutes to eat their lunch. Infant classes will have longer as appropriate to their age.

Lunch 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).

A healthy lunchbox includes a piece of food from the first three or four shelves of the food pyramid.

Each pupil is requested to have a lunch box and a re-usable drinks container. Cans and glasses are not permitted for safety reasons. Healthier choice of drinks include water, milk and unsweetened juice in re-usable containers.

Pupils are not allowed to bring fizzy sweetened drinks, sweets, lollipops, crisps, crisp-type foods or chewing gum to school.

Some of the healthy snacks that we encourage for breaks include fruit, yoghurt, fromage frais, cheeses, crackers, scones, rolls, raw vegetables and brown bread.

Foods in wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment. We do not allow foods or wrappers which may stain our carpets or leave sticky residue when walked in.

Left-over food and wrappers are to be retained in the lunch box and brought home every evening.

All classes will be taught about healthy eating as part of SPHE. We have last availed of the Food Dudes healthy eating programme in October 2024.

Scoil Asicus Naofa is a Nut-Free Zone. For the protection of children with an allergy to nuts, we ask that no nuts or food which contain nuts are included in children's lunch boxes.

The following guide is designed to help provide appetising and nutritious lunches for your children.

#### **Bread & Alternatives**

Bread or rolls, preferably wholemeal  
Rice – wholegrain  
Pasta – wholegrain

Potato Salad  
Wholemeal Scones  
Bread sticks  
Crackers  
Pitta bread

#### **Fruit & Vegetables**

Apples, Banana, Peach  
Mandarins, Orange segments,  
Fruit Salad, dried fruit,  
Plum, Pineapple cubes  
Grapes,  
Cucumber, Sweetcorn  
Tomato,  
Coleslaw.

#### **Savouries**

Lean Meat  
Chicken/Turkey  
Tinned Fish e.g.  
tuna/sardines  
Cheese  
Quiche  
Pizza

#### **Drinks**

Water or Milk  
Fruit juices  
Squashes, i.e low sugar  
Yoghurt

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 (including fizzy fruit-flavoured water, juices, etc)
- Sweets
- Chocolate biscuits/bars
- Chewing gum
- Popcorn (Ends up on the floor under desks)

The school will work to

- Reduce / eliminate sweets as a reward for good behaviour / work. Replace with stickers, certificates, pencils, rubbers or other treats.
- Promote healthy eating through posters and displays in school. Our school has expressed interest in the Schools Hot Meals scheme (April 2023) and is awaiting approval from the Dept of Education to offer this scheme to parents.

***Signed:***

***Chairperson:*** \_\_\_\_\_

***Date:***