



Roxboro National School Healthy Eating Policy

As part of the Social, Personal and Health Education (S.P.H.E) Programme, we encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aims:

- To promote the personal development and well-being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives:

- To enable the child to appreciate the importance of good nutrition, for growing and developing and staying healthy.
- 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 or water and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, lunchables, cheese strings and soft drinks. Such products are often far more expensive than traditional homemade lunches.

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. It can only benefit your child. It is much easier for a child to concentrate in school and perform at their best following a nutritious lunch rather than one high in hidden sugars.

The following guide is designed to help you provide quick, appetizing and nutritious lunches for your children.

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice-wholegrain
Pasta-wholegrain
Potato Salad
Wholemeal Scones

Savouries

Lean Meats
Chicken/Turkey
Tinned Fish e.g
Tuna
Salad

Fruit & Vegetables

Apples/Banana/Peach
Mandarins, Orange segments
Fruit Salad, dried fruit,
Plum, Pineapple cubes
Grapes
Cucumber, Sweetcorn
Tomato
Sliced Peppers
Carrot Sticks
Celery Sticks
Cherry Tomatoes

Drinks

Milk
Fruit Juice
(be aware
of high
sugars)
Water

Other Snacks

Cubes/Slices of cheese
Rice cakes (plain)
Natural Yoghurt

Foods not allowed in school

Crisps

Fizzy drinks/Sparkling Water
Sweets

Chocolate biscuits/bars
(including cereal bars)

Chocolate yoghurts
Chocolate spread,
Chocolate rice cakes

Nuts, Egg,
Peanut Butter
(Due to allergies)

Foods that are best avoided in lunch boxes:

Lunchables

Sugary cereal bars e.g Rice Krispie Bars

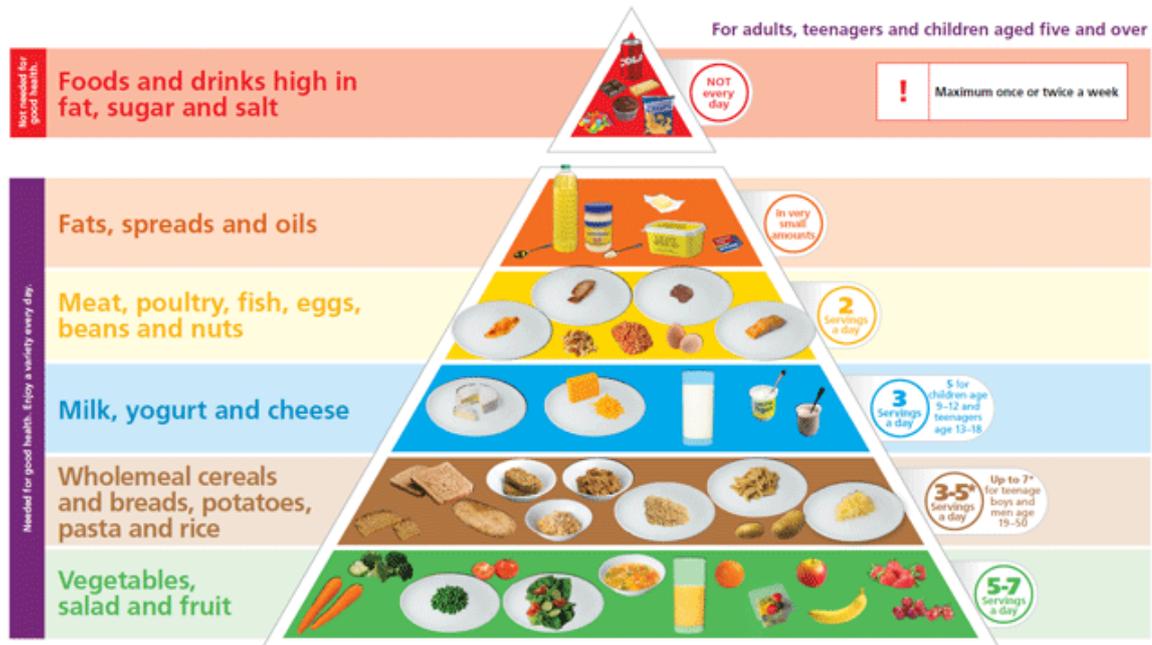
Frubes/other sugary yoghurts

'Fruit' roll ups

Processed Cheese e.g. Cheesestrings/dippers

Exceptions apply on occasions of celebrations, the days the school closes for holidays, school tours etc.

A very simple approach to healthy eating is to use the Food Pyramid:
(courtesy of www.safefood.ie)



Every year the children and parents/guardians sign the journal to say that they agree to abide by the healthy eating policy. Children are reminded about it throughout the year also.

In the event of a child/children bringing 'banned' foods to school, the child will be reminded by the class teacher of the School Policy. If he/she persists, the class teacher will contact the child's parents/guardians to remind them of the policy.

The school endeavours to provide sufficient time for children to eat their lunches. Children enjoy their food more and may even try other healthy options if they can relax, eat, and socialise with their friends at lunchtime

Roxboro National School is a FOOD DUDES school.
We promote the inclusion of one serving of fresh fruit and one serving of raw vegetables in each child's lunchbox every day.

This policy was ratified by the Board of Management in Term 1 2020/2021.

