



Scoil Ghráinne Community National School
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Scoil Ghráinne CNS Healthy Eating Policy

As part of the Social, Personal and Health Education Programme we encourage children to become more aware of the need for healthy food in their lunch boxes. We operate a healthy eating policy in this school as the children find it easier to concentrate when their diet contains less sugar. We ask parents / guardians and teachers for their cooperation in this regard.

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, developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Ireland is at risk of becoming the most obese country in Europe by 2030 (WHO). In school we have a responsibility to ensure that we are observing the most up to date dietary guidelines with our pupils.

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). We ask parents / guardians to encourage a healthy lunch right from when their child first begins their education in Scoil Ghráinne. This will serve them well in their later life. It is the responsibility of parents/guardians to ensure their child has a healthy lunch every day.

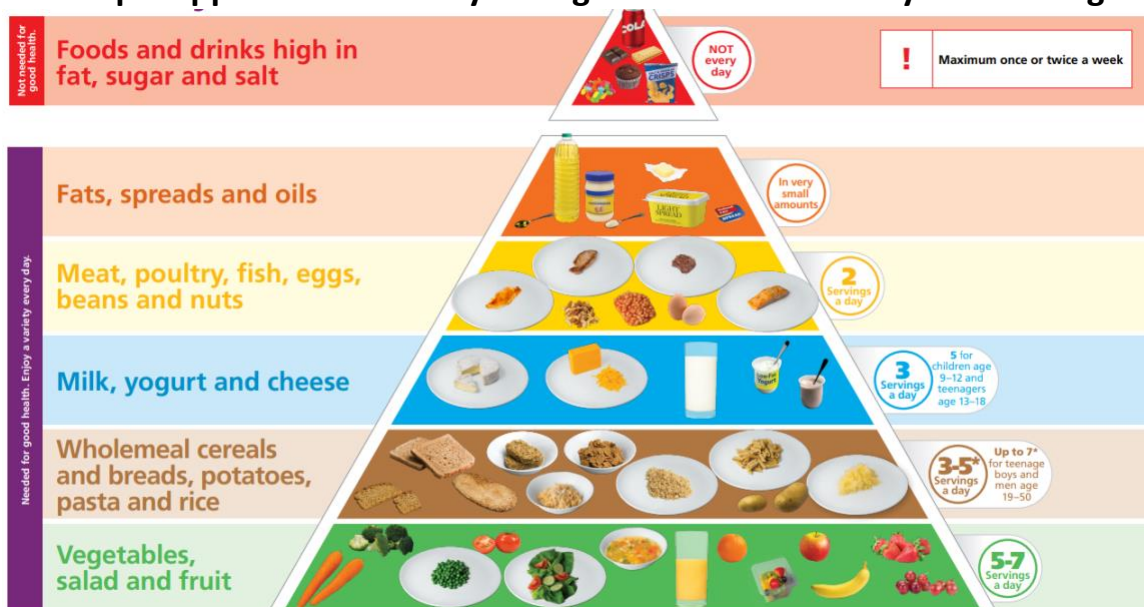
Parents are asked to choose a lunch box and beaker/bottle that can be **easily opened** and to label both. For safety reasons glass bottles are not allowed.

Pupils will take home all food waste, leftovers and wrappers, in line with our recycling protocols.

Scoil Ghráinne is a **nut-free school**. Nuts are strictly forbidden to ensure the health and safety of children with allergies. The following guide is designed to help parents provide quick, appetising and nutritious lunches.

Suggested Foods	
Protein <ul style="list-style-type: none"> All lean meat: Chicken/Turkey/Ham/Beef etc. Tinned Fish e.g. tuna/sardines/salmon Eggs Hummus Cheese Yogurts (not Frubes) 	Fruit and Vegetables <ul style="list-style-type: none"> Fresh fruit: Apple, banana, peach, mandarin, orange segments, grapes, plums, pineapples etc. Dried Fruits: e.g. raisins, apricots Vegetables: Cucumber, sweetcorn, tomato, carrots, peppers, mange tout, celery etc.
Bread & Alternatives <ul style="list-style-type: none"> Bread / wraps / rolls / pitta / plain bagel Rice / pasta / couscous Crackers / plain rice cakes / bread sticks / pretzel 	Drinks <ul style="list-style-type: none"> Water
Foods not permitted	
<p>The following foods are not allowed in Scoil Ghráinne. Children will be asked to put them back into their lunch boxes and a note will be sent home.</p>	
<ul style="list-style-type: none"> All nuts and nut butters Chewing gum No cartons of fruit juices / squash /smoothies Fizzy drinks / Isotonic drinks Take-away foods (e.g. McDonalds, Burger King, Dominos etc.) All sweets/lollipops Cakes & pastries All types of crisps and popcorn Sweet bread (brioche, waffles, croissants etc.) Sausage rolls 	<ul style="list-style-type: none"> Fruit winders Chocolate Biscuits Cereal bars Lunchables/ Dunkers/Snackers Frubes/Actimel/Yop Jam, Chocolate spread or Nutella Custard/rice puddings Dessert yoghurts/Muller Corners Rice cakes with chocolate/yogurt toppings

A simple approach to healthy eating is to use the Food Pyramid as a guide:



Teachers are asked to comply with the following:

- While a child's birthday will be acknowledged in school, there are to be no food items to be shared with the class.
- Teachers must be aware at all times of food allergies and religious dietary practices and customs within the class.
- If a pupil comes to school with no lunch the class teacher will contact the office.
- Teachers will ask pupils to take home all food waste, leftovers and wrappers, in line with our recycling protocols.

Breaches of healthy eating policy

- Teachers will contact parents/guardians when there are consistent breaches of the healthy eating policy. Consistent breaches and any related contact with parents/guardians will be recorded on Aladdin.