



HEALTHY EATING POLICY

At Lankill, we recognize that healthy eating is very important in developing healthy bodies and minds. We encourage lunches which reflect a healthy balance of food groups ensuring that our students are receiving adequate nutrients.

As part of the Social Personal and Health Education (S.P.H.E.) programme and our Green Schools Programme, we encourage the children to become more aware of the need for healthy food in their lunch boxes. The children have participated in the Food Dudes programme and The School Garden Programme and have, for the most part, embraced the concept of healthy eating. They have also participated in a Biodiversity programme tying in with the Green Schools programme which allowed them the opportunity to make their own homemade vegetable soup in school and learn about the cycle of food and the food pyramid. A healthy lunch might include fruit juice, milk or water, sandwiches with a healthy filling such as tuna, cheese, salad, chicken or salad and some yoghurt, fruit or vegetables.

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.

Objectives:

- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the children to accept some personal responsibility for making wise food choices and adapting a healthy, balanced diet.

Research has shown that Healthy Eating

- Can help improve performance in class and at play
- Can help improve concentration in class
- Can meet children's needs for growth and development
- Encourage good eating habits for life

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 following guide suggests some quick, appetising and nutritious lunches for your children.

Breads and Alternatives

Breads or rolls preferably wholemeal
Rice- wholemeal
Pasta- wholemeal
Potato Salad
Wholemeal Scones
Wraps
Crackers
Plain Rice Cakes

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g. Tuna/Sardines
Cheese
Quiche

Fruit and Vegetables

Apples
Bananas
Peaches
Grapes
Kiwis
Oranges
Peppers
Carrot sticks
Cucumber
Sweetcorn
Cherry tomatoes

Drinks and Alternatives

Water
Milk
Juice
Squashes
Yogurt Drinks
Healthy Yogurt

Please refrain from packing these and similar foods in lunches

Chewing gum, chocolate bars, popcorn, crisps, sweets, fizzy drinks, Nutella, Chocolate covered rice cakes, cereal bars and other similar foods.

As parents you are responsible, along with your child, for the content of their lunchboxes. Please try and use the above suggestions to create a culture of healthy eating at home and at school.

A very simple approach to healthy eating is to use the Food Pyramid

Fats/Sugar Sparingly 1 portion per day

Meat, Fish, Peas / Beans 2 portions per day

Milk, Cheese, Yoghurt 3+ portions per day

Fruit and vegetables 4+ portions per day

Bread, Cereals and Potatoes 6+ portions per day

Packaging and Litter

Since the Green Code of our first Green Flag 'Reduce, reuse, recycle' we have always recommended that students:

Use recyclable food and drink containers

Use the compost bin for certain leftovers

Take home leftovers in lunchboxes

Avoid using tinfoil or cling film to wrap lunches

Lankill N.S.

Ratification

Signed: _____ Date: _____

Principal / Secretary, Board of Management

Chairperson of the Board of Management _____