

Healthy Eating Policy

Corpus Christi Girls National School

Aims

- To promote awareness of nutrition
- To positively effect healthy eating among children
- To raise the levels of concentration of the pupils through eating healthy food
- The protect the health of children with serious health allergies
- To provide children/ staff/parents and those involved in school activities with clear information

Healthy Lunch

A healthy lunch is one, which helps to maintain good health in the children and improve their concentration. It should include a variety of food from the food pyramid. A list of suitable foods for lunch is included in this policy.

- Carbohydrate: bread and cereals
- Fruit/Vegetables: fruit/fruit juices/smoothies or vegetables
- Protein: meat chicken or fish
- Dairy: milk, cheese, yoghurt

Drinks

Milk is available in school. It is delivered daily and is refrigerated. Details of the milk scheme are circulated to parents every September. The children may also bring water or certain fruit juices (please check labels are some are very unhealthy; avoid those that have added sugar and choose those that are 100% fruit or pure fruit juice) if they prefer. Pupils are allowed to have a bottle of water in the class. They are not allowed to drink juice during class time.

Ideas for Healthy Lunches

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

Bread and Alternatives

Bread or rolls, preferably wholemeal

Rice

Pasta

Potato salad

Scones

Bread sticks
Crackers
Pitta bread
Rice cakes

Protein

Lean meat
Chicken / Turkey (off the bone)
Tinned fish e.g. tuna, sardines
Cheese

All Fruit and Vegetables

Apples, banana, peach
Mandarins, orange segments
Fruit salad, dried fruit
Pineapple cubes
Grapes
Cucumber, sweetcorn
Tomato
Coleslaw

Drinks

Water
Milk
Fruit juices (see above)
Squashes with low sugar content
Yoghurt drinks

Foods not allowed in School

We understand that children will often ask for treats. In order to support parents / guardians the following items are not allowed and should not be brought to school:

- chewing gum
- fizzy drinks
- lollipops
- crisps and popcorn

Exceptions

Rules may be relaxed for special occasions (e.g. class parties, a child's own birthday). Children are allowed to bring in one small treat on **Fridays**, for example a small chocolate bar, biscuit, muffin, bun, cake...etc.

Please remember that all lunchbox leftovers and packaging are to be put back in the child's lunchbox and brought home. All milk cartons are also to be brought home.

Food Allergies

Due to a number of children with food allergies and/or medical conditions, children are not allowed to share lunches. Children should not share drink containers to reduce the risk of infection.

If a child has a food allergy the school must be notified in writing. A list of possible implications and a list of prohibited foods must be provided. Should medical attention be necessary, a full plan will be put in place for that child. a letter of indemnity from the parents is required by the BOM. If a child has a severe food allergy, it may on occasion be necessary to place a restriction on a particular class with regard to the types of food allowed. In these cases the parents in this class will be informed in writing. Any changes will also be notified in writing.

Useful website for ideas on healthy lunches:

www.healthpromotion.ie

www.safefood.eu

Implementation

This policy was revised in consultation with the parent body, Board of Management and staff. It will be implemented from January 2013.