**Redwood NS**

**Healthy Eating Policy**

As part of the Social, Personal and Health Education (SPHE) Programme, at Redwood N.S. we educate and enable the children to become more aware and understanding of the need for healthy food.  
   
What people eat is known to be a key factor influencing health.  
   
To promote healthy eating habits in our school, we have a healthy eating policy.  
   
**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**

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. 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. It should also provide dietary fibre (roughage).  
   
The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children  
  
**Bread & Alternatives                          Savouries**

Sandwiches: Ham, Salad, Cheese, etc. Cheese

Bread or rolls, preferably wholemeal               Lean Meat  
Rice – wholegrain                                            Chicken/Turkey  
Pasta – wholegrain                                          Tinned Fish e.g. tuna/sardines    
Potato Salad                                                   Pizza  
Wholemeal Scones                                           Quiche  
Crackers                                                        Eggs – boiled / egg salad  
Pitta bread

**Fruit & Vegetables                            Drinks**

Apples, Banana, Peach,                                     Milk                       
Mandarins, Orange segments,                         Water

Dried fruit,                                  
Plum, Pineapple cubes, Tomato                   
Grapes, Carrot sticks, Cucumber, Sweetcorn.

\*\*See also Safe Food ‘Healthy Lunch boxes’ handouts for more ideas\*\*

**School Lunches:**

The Lunch Bag: As a DEIS school all pupils in Redwood N.S. are provided with a hot meal through government funding. This is provided by the Lunch Bag. The lunches are made in line with the food pyramid to provide eight different options daily for pupils which cater for their dietary needs.

**Food Dudes Programme** : Children will on occasion be involved in the Food Dudes programme which encourages eating more fruit and vegetables daily.  
   
**Dairy**  
Growing children should get approximately one pint of milk a day, or its equivalent as cheese or yoghurt. This ensures that they get enough calcium, which is essential for healthy bones and teeth.  If a child does not drink a glass of milk at lunch, encourage them to have a carton of yoghurt or a small helping of cheese instead.  
   
**The following are not permitted in school:**  
   
Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

* Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
* Sweets
* Crisps (including crisp-style snacks)
* Chocolate biscuits/bars
* Cereal bars
* Chewing gum
* Fruit winders
* Chocolate Spread
* Chocolate flavoured yogurts

   
**A very simple approach to healthy eating is to use the Food Pyramid**:  
   
                                   Fats  
                                 Sugar                                        Sparingly

Sweets etc.  
   
                              Meat, Fish                        2 portions per day  
                             Peas/Beans                                                                             
                            
                             Milk, Cheese                      3+ portions per day  
                                Yoghurt                           
   
                         Fruit & Vegetables                 4+ portions per day          
             
                     Bread, Cereals & Potatoes           6+ portions per day

   
**Green Flag School**  
   
As we are a Green School, we ask that:

* Waste is minimised by using **reusable lunchboxes and** **bottles** and eliminating the need for clingfilm / tinfoil and all non-recyclable materials
* Fruit peel & Lunch Bag dinner boxes are composted
* Children do not bring in cans and glass – for safety reasons.

**N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.**  
   
   
   
   
   
   
This policy was ratified by the Board of Management  
   
   
Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Dated:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   
            Kathleen Gleeson  
            Chairperson  
            Board of Management  
   
   
Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Dated:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
  
            Michelle Hogan  
            Principal

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