



Healthy Eating Policy

Introductory Statement:

The focus of this policy is to support parent' and pupils in relation to healthy eating habits from an early age.

This policy is linked to SPHE (*taking care of my body: food and nutrition and making choices*).

Objectives:

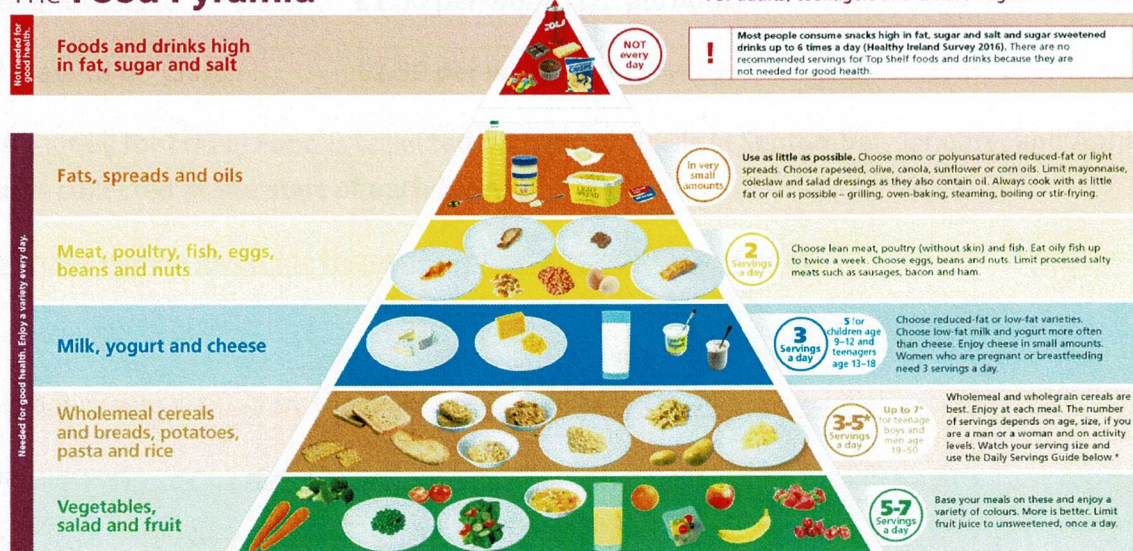
- To help parents and children to make healthy food choices.
- To improve concentration, energy levels and overall health and wellbeing.
- To help children maintain healthy teeth and gums.
- To develop an awareness of nutrition, i.e., ingredients in food.

Guidelines:

A healthy lunchbox might contain a piece of food from the four lowest levels of the Food Pyramid.

The **Food Pyramid**

For adults, teenagers and children aged five and over



Picture source – safefood.ie

The four lowest levels of the Food Pyramid include examples, such as:

- A meat/cheese roll, sandwich, wrap or salad.

- One/two pieces of fruit
- A yoghurt/yoghurt drink
- Water/milk/smoothie/unsweetened fruit juices.

Further Suggestions:

Some *ideas* for snacks can include health muffins (high fibre, homemade, low-sugar), raisins, scones, raw vegetables, fruit (fresh or dried), yoghurt, crackers, pasta, rice, rice cakes.

The following food are NOT considered to be part of a healthy diet and are NOT allowed as part of the healthy eating policy in Raheen NS: cereal bars, biscuits, sweets, chocolate, jellies, crisps, fizzy drinks, caffeinated (energy) drinks, chewing gum, snack bars, winders, popcorn.

For health and safety reasons nuts and nut products are strictly forbidden.

Hot Food:

On Fridays, the children may avail of “Hot Food” prepared in the Raheen Family Resource Centre. This is partially subsidised by a grant. Choices for “hot food” include paninis (with a choice of fillings) or chicken curry.

The current cost of the Friday Food is:

Junior Infants to 2nd class: €1.50 per week (1/2 portions)

3rd Class to 6th Class: €2.50 per week

The money for Friday Food is collected on a termly basis in September, January, and April. This is collected at the start of each term.

No credit will be given for those absent on any particular Friday.

This policy was ratified by the BOM on 27/09/23

Chairperson: [Signature]

Principal: Sarah Browne