



Healthy Eating Policy

As part of the Social, Personal and Health (SPHE) Programme, at Scoil Mhuire Primary School Navan, we encourage the children to become more aware of the need for healthy food in their lunches.

Encouraging children to eat a nutritious, balanced diet early on is important for a number of reasons. Ensuring they get the right vitamins and minerals in their diet will help them grow and develop optimally. They are also more likely to be energised and motivated, supporting their ability to learn. Educating them on healthy eating during childhood will also help them make healthier choices as they become adults.

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

What is a healthy lunch?

- It is full of goodness like protein, vitamins and calcium
- Contains food with no sugar, because too much sugar is bad for your teeth
- Contains no colouring or additives
- Gives us strength and energy
- Makes us fit and healthy
- Helps our brain power

In Scoil Mhuire, all children avail of healthy lunches on a daily bases from Glanmore Foods.

The children are given the opportunity to select from a range of healthy options for each day of the week. Their selections are revised termly and is supported by the whole school

community. Their varied daily selection ensures that the children receive a nutritional and balanced lunch.

Children are not allowed to take extra lunch to school unless it is a dietary requirement. Any lunch that is not eaten should be taken home.

Each week the children can choose between the following:

Bread and alternatives

Wheaten bread
Wraps
Healthy white bread
Healthy brown bread
Baguettes
Scone
Plain pasta
Pasta Bolognese

Sandwich Fillers

Ham
Ham salad
Chicken
Chicken salad
Chicken and stuffing
Jam
Tuna and sweetcorn
Cheese

Fruit and Vegetables

Bag of mixed peppers
Bag of sliced apples
Bag of grapes
Bag of carrots
Fruit pot
Satsumas
Bananas
Apples

Snacks

Chocolate covered rice cake
Mini toast and cheese dip
Granola bar
Crackers

Drinks

- Children are provided with a plastic drinks bottle which they can fill at home and take to school daily.
- To ensure good concentration, it is important for children to drink lots of water, so please encourage your child to bring a bottle of water.
- Healthier choices of drink include water and milk in order to avoid tooth decay (unless they have a dietary requirement which states that they require an alternative drink/food, e.g. diabetic).
- **Fizzy** and **sugary drinks** are not permitted as frequent consumption of these put teeth at risk of tooth decay.

- Cans and glass bottles are not allowed.

What should not be in a healthy lunch?

- Crisps, salted nuts or popcorn
- Chocolate, sweets, lollipops, jellies and chewing gum
- Cake, biscuits, pastries or doughnuts
- Chocolate spread
- Fizzy drink
- Flavoured milk
- Yoghurts with chocolate
- Chicken fillet rolls

We **do not** follow a Friday treat policy.

Treats will be made available to the children at the Christmas, Easter and summer breaks.