



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/parents are given the opportunity to select from a range of healthy options (both cold and hot) 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 can bring a lunch to school if they are not availing of the school meals programme. Any lunch that is not eaten should be taken home.

Each week the children can choose between the following:

Healthy choice 1 (subject to change)

Yoghurt
Brown Pancake
Cheese
Sliced apple
Blueberries
Sliced carrots
Seasonal Fruit Pot
Popcorn

Healthy Choice 2 (subject to change)

Oatie crunch
Bread Sticks
Yoghurt/ Plain Rice Cakes
Jacobs Crackers
Banana
Apple
Satsuma
Plain/ Fruit Scone

Hot Food (Example of Options as these are all subject to change)

- *Roast dinner with potatoes and vegetables*
- *Beef lasagne and vegetables*
- *Chicken tenders, potato cubes and vegetables*
- *Beef Bolognese, vegetables and pasta*
- *Fish Fingers, potato cubes and baked beans*
- *Curry, rice and vegetables*
- *Pizza, potato cubes and vegetables*
- *Sausages, potato cubes and baked beans*
- *Cottage pie and mixed vegetables*
- *Sweet and sour chicken and rice*
- *Variety of pasta dishes with vegetables*
- *Variety of vegetarian dishes*

Drinks

- Children are asked to bring their own drink. Milk is provided on a limited basis for children who want it.
- 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.

- Children are only permitted to bring milk or water to school 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
- Chocolate, sweets, lollipops, jellies and chewing gum
- Cake, biscuits, pastries or doughnuts
- Chocolate spread
- Fizzy drink
- Flavoured milk
- Yoghurts with chocolate
- Chicken fillet rolls
- Cold fast food
- Cereal Bars

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

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

Ratified by the Board of Management of Scoil Mhuire on 22nd November 2023.