

# *Healthy Eating Policy for Ballinacarriga NS*



## **Introduction**

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients with no more than moderate amounts of fat, sugar and salt. It should also provide dietary fibre (roughage).

## **Guidelines**

- Based on the Food Pyramid a healthy lunchbox should include bread or an alternative, a savoury filling which provides protein, a suitable drink and some fruit and/or vegetables.
- Cans & glasses are not permitted for safety and litter reasons. Healthier choices of drink include water, milk, unsweetened juice.
- Some of the healthy snacks that we encourage for the small break include plain popcorn, fruit, flapjacks, yogurt, fromage frais and crackers.
- Foods which have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment.
- School staff will provide positive modelling and supportive attitudes to encourage healthy eating.
- Crisps, fizzy drinks, sweets, chewing gum, chocolate, chocolate spreads, peanut butter and nuts are banned at all times.

At times, the staff may give treats for special occasions.

## **Milk**

Growing children should drink approximately one pint of milk a day or its equivalent as cheese yogurt or milk pudding (this ensures a sufficient supply of calcium which is essential for healthy bones and teeth). You may opt for your child to receive a carton of milk every day for a nominal fee.

## **Responsibility**

Responsibility lies with the parents to provide the healthy lunch. Staff will monitor and promote this policy throughout the school.