



**LIOSMÓR MOCHUDA NATIONAL SCHOOL**  
*Big Trees from Small Acorns Grow*

# Healthy Eating Policy Statement

As part of the Social, Personal and Health Education (SPHE) Programme, at Liosmór Mochuda National School we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life). To promote healthy eating habits in our school, we introduced a healthy eating policy starting from **28/08/2013**.

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### **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 without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

### **Bread & Alternatives:**

Bread or rolls, preferably wholemeal  
Rice – wholegrain  
Pasta – wholegrain  
Potato Salad  
Wholemeal Scones  
Bread sticks  
Crackers  
Pitta bread

### **Savouries:**

Lean Meat  
Chicken/Turkey  
Tinned Fish e.g. tuna/sardines  
Cheese  
Quiche  
Pizza

### **Fruit & Vegetables:**

Apples, Banana, Peach  
Mandarins, Orange segments,  
Fruit Salad, dried fruit,  
Plum, Pineapple cubes  
Grapes,  
Cucumber, Sweetcorn  
Tomato,

### **Drinks:**

Milk  
Fruit juices  
Squashes, i.e. low sugar  
Yoghurt

### **A word about Milk:**

Growing children should get approximately **one pint** of milk a day, or its equivalent as cheese, yoghurt or milk pudding. 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 him to have a carton of yoghurt or a small helping of cheese instead.

### **We ask that children **do not** bring the following to school:**

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

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

So as to take a proactive approach to healthy lunches, teachers will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

### **Treat Day:**

Friday will be our treat day. On this day, children can include **one food** item from the 'not allowed' list. Please note: popcorn is only allowed on Fridays.

### **Green Flag School:**

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- not bring in cans and glass – for safety reasons.

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

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

If a child presents in school without a lunch or with unsuitable food in their lunchbox the child's parents will be contacted and asked to bring a suitable lunch to school for their child. If children have more than one treat on a Friday they will be asked to eat the other treats at home. If children have a treat on other days of the week the same request will be made.

**N.B. Parents/guardians of any child with a medical condition which requires a special diet should contact the school.**

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This policy will be reviewed in 2018 unless the need arises before this date.

**Ratified by Board of Management on** \_\_\_\_\_  
(Date)

**Signed** \_\_\_\_\_  
(Chairperson, Board of Management)