

HEALTHY EATING POLICY

St. Finian's National School aims to help those in our school community: children, staff and parents, to develop positive attitudes towards healthy eating and to learn how healthy eating may contribute to our health. It is our policy that healthy eating be encouraged by pursuing both education for pupils and guidance for parents. We approach this policy with the understanding that ultimately children's appetites and tastes differ, and it is the parent's responsibility to ensure that his/her child eats healthily at all times.

Research suggests that attention and concentration levels improve with the consumption of nutritious food.

In the course of our SESE Programme the children will be exploring:

- Food Groups
- The consequences of a poor diet
- The Food Pyramid

The following is a list of suggested foods for a healthy, balanced school lunch.

Group 1

Bread/Cereal/Pasta

Carbohydrate

Sandwiches/Roll	Pasta Salad
Pitta Bread Pockets	Crackers
Nan Bread	Crisp Bread

Group 2

Fruit/Veg

Any Fruit or Vegetable items
Salad in a box
<i>For infants please peel and cut oranges into half segments.</i>

Group 3

Dairy

Cheese Strings
Yoghurt pot (with a spoon)
Small packets of cheese
Milk to drink

Group 4

Meat

Protein

Meat in Sandwiches

Cold meats or Tuna

Group 5

Treats

Fats/Oils/Sweets

Small fun size bar

Small packet/half packet of sweets

Small cake/bun

Cereal Bar

Unsalted Popcorn

Children will be awarded stars for their lunch, which will contribute to their star chart. A three star lunch will consist of a sandwich/roll, a piece of fruit/vegetable and a drink of milk, water or unsweetened fruit juice.

Friday is a treat day and children may bring one item from **Group 5**.

As we are trying to reduce the amount of waste in the school, we would encourage parents to try and reduce the amount of packaging in pupils' lunchboxes. We would greatly appreciate co-operation in this matter. With this in mind children will be asked to do the following:

- All uneaten food, silver paper, wrappings, containers and cartons are to be taken home in lunchboxes.
- Only fruit peel is to put into the school's compost containers.
- For safety reasons, cans and glass are not permitted.

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

This Policy was ratified by the Board of Management on _____

Signed: _____ (Fr. Tomás O Dálaigh)

To be reviewed in March 2012 and every three years thereafter.