

NUTRITION POLICY

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes. This Nutrition Policy for St Colman's National School was developed in consultation with representatives from students, parents and staff.

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.
3. To promote healthy eating education

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

(preferably wholemeal or wholegrain varieties for more fibre)
Bread or rolls,
Rice – wholegrain
Pasta – wholegrain
Potato Salad
Wholemeal Scones

Protein Foods

Lean meat
Chicken/Turkey
Tinned Fish, e.g. tuna/sardines
Cheese
Quiche
Pizza (use lean meat, or vegetables)
Egg

Fruit & Vegetables

Apples, Bananas, Peach
Manadarins, Orange segments
Fruit salad, dried fruit,
Plum, Pineapple cubes
Grapes, Cucumber,
Sweetcorn, Tomato,

Drinks

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

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/her to have a carton of yoghurt or a small helping of cheese instead.

Foods not allowed in school (Monday - Thursday)

Chewing gum is not allowed under any circumstances in school.

- Crisps and salt popcorn
- Fizzy drinks
- Sweets
- Chocolate biscuit bars

On “**Treat Friday**” children may enjoy a treat of parents' choice.

On special occasions, other treats will be at the discretion of the staff

We encourage pupils to eat their Healthy snack, first.

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	5+ portions per day
Bread, Cereals & Potatoes	6+ portions per day

For further ideas and support please visit www.safefood.eu

We appreciate your co-operation in this regard.

TO BE RATIFIED