

### **Children have nut allergies.**

- Drinks such as ribena, orange squash etc should not be given every day as they are full of sugar.

### **THE FOLLOWING FOODS AND DRINKS ARE NOT ALLOWED:**

(Not allowed for Junior and Senior Infants. These are being phased out in the remainder of the school).

- Fizzy drinks
- Crisps/ chips / wedges / Chipsticks etc
- Lollipops
- Sweets
- Chocolate / Chocolate Spread
- Biscuits
- Lunchables
- Nut - or any food containing nuts.

### **RESOURCES/IMPLICATIONS**

- This policy will be circulated to all families in the school.
- It is hoped that all parents will actively support this policy.

### **MONITORING/EVALUATION/REVIEW**

- This policy to be reviewed at intervals to assess its effectiveness.

*This policy was first drawn up on 27/10/97.*

*Reviewed on the 20/09/00, Reviewed 25/04/02, Reviewed March 2005, Reviewed February 2006, February 2007, October 2008, March 2009, March 2010, February 2011*





## AIMS / PURPOSES

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- a) To encourage healthy eating.
- b) To improve dental hygiene.
- c) To alleviate the litter problem caused by Crisp Bags etc in the school and around the town.
- d) To encourage children to experience a wide variety of food.
- e) To help the children understand the link between a healthy diet and a healthy, active lifestyle.
- f) To educate children for living and for life.

## PROCEDURES/GUIDELINES

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- The staff will encourage **healthy eating** and will allot time to educate the children in Health Education lessons.
- All children will be encouraged to participate in the **School Milk Scheme**.
- **Time** will be allocated during the school day for the children to drink their milk and have their lunch. [Just before/after the morning break and before/after the lunch break.]
- Children will be encouraged to participate in **Sporting Activities** as part of the school's healthy eating/healthy lifestyle policy.
- **Chewing gum is not permissible in the school.**

- Eating in the yard before school opens in the **morning is not allowed.**
- **Lollipops are not allowed in the school, for safety reasons.**

## THE FOLLOWING FOODS ARE RECOMMENDED:

Children should be encouraged to

- Eat plenty of vegetables and fruit.
- Eat plenty of cereals (including breads, rice, pasta and noodles) preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives in their diet.
- Include milk, cheese and yoghurts.
- **Choose water as a drink.** Please include a little **non spill** water bottle in you child's lunch. A few years ago we introduced an initiative in the classroom of encouraging the children to drink more water. It was a tremendous success. These water bottles may be refilled in the classroom and the children will keep them on their desks and be allowed drink them through the day.

## SCHOOL LUNCH IDEAS

- Fruit – include an assortment of fruit. For example kiwis, apples, oranges, grapes, strawberries, plums pears etc. Fruits are packed full of nutrients that will keep energy high through out the day.
- Vegetables – fresh vegetables washed and cut are and excellent snack for the lunch box.
- Breads – include a variety of bread, especially if children begin to loose interest in sandwiches. Try bread rolls, soda bread, bagels, rice cakes, pita bread, scones or crisp bread.

## THE FOLLOWING FOODS SHOULD ONLY BE PROVIDED IN MODERATION OR AS SPECIAL TREATS:

- **While nuts are a nutritious inclusion to the diet of children it is our policy not to allow them in school as some chil-**