

DROMIN NATIONAL SCHOOL



Healthy Eating Policy

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As part of the Social, Personal and Health Education (SPHE) Programme, at Dromin NS 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 May 2018.

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, wraps or rolls, preferably wholemeal
Rice
Pasta
Potato Salad
Scones
Bread sticks
Pitta bread
Cous Cous
Popcorn (healthy version)

Savouries

Lean Meat
Chicken/Turkey
Crackers
Cheese

Fruit & Vegetables

ALL fresh fruit and vegetables are recommended.

Drinks

Milk and water are the best drinks for our teeth as we can drink them at any time during the day. Unsweetened Pure Fruit Juice contains fruit acids, which attack teeth so they should only be taken with foods.

Yoghurts

Set Yoghurt

Milk

We encourage children to drink milk. We participate in the school milk scheme which allows children to order milk each term. This ensures that they get enough calcium, which is essential for healthy bones and teeth.

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:

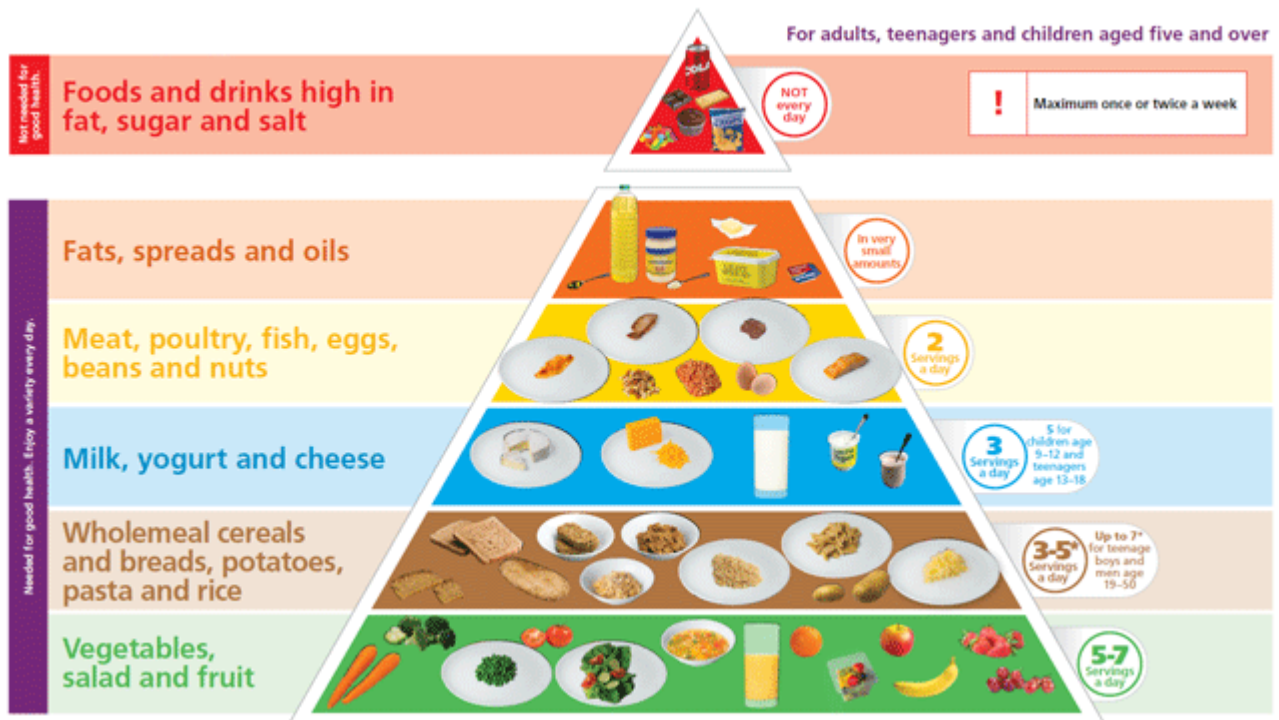
- Crisps
- Fizzy drinks
- Chocolate
- Sweets
- Chocolate biscuits/bars
- Chewing gum
- Fruit winders
- Cereal bars

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.



In Dromin NS we take part in The Food Dudes Healthy Eating Programme. Food Dudes is an award winning curriculum-linked evidence-based healthy eating programme, developed to encourage children to eat more fresh fruit and vegetables. It brings about significant change and improvement in childrens' eating habits. The programme effectively increases provision and consumption of fruits and vegetables at home and in school both in the short- and long-term. It is based on repeated tastings of fresh fruit and vegetables, rewards and positive role models.

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



In Dromin NS we have a **NO NUTS AND EGG** policy in place due to a number of children with allergies.

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