



All Saints' National School
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Charitable status number: 20138929

Healthy Lunch Policy

Aim

The aim of this policy is to encourage healthy eating habits. We hope that pupils will carry these healthy eating habits with them long after they leave our school. Pupils will be encouraged to eat lunches which are low in fat, high in fibre, low in sugar and low in salt.

Rationale

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, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life).

Objectives

- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Guidelines

- Pupils should be encouraged to bring pure fruit juices, milk and water. **No fizzy drinks are allowed.**
- A reminder of 'Suggestions and Ideas for Healthy Lunches' should be sent out at the beginning of the school year.
- **On Fridays a small treat is allowed with the usual lunch.** The lunch should not be made up entirely of treats.
- We encourage pupils to eat more fruit by bringing in and tasting different fruit and vegetables.
- Pupils will be taught about the food pyramid – the importance of certain foods in our diets and the effect of too much fatty food, sugar and salt.
- We will aim to keep our lunchboxes healthy every day.
- We will avail of the Bord Bia Food Dudes Programme to promote healthy eating.
- To promote healthy lunches, teachers will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.

Green Flag School

As part of our Green Flag action plan, the pupils will learn about the importance of reducing waste and looking after the world around us.

The pupils are asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins.

Food Allergies/Intolerance

Please notify the school of any relevant medical conditions including special diets.

Review

This policy will be reviewed as required. Feedback from pupils, parents and staff will all be considered when carrying out this review. At the review meeting on 25th February 2016 and 9th June 2022, it was agreed to relaunch the healthy lunch policy with an emphasis on how much sugar is contained in certain foods and drinks.

Ratification

This Policy was ratified by the Board of Management of All Saints National School on 2nd December 2003, reviewed on 10th April 2008, 7th October 2014, 3rd February 2016, 12th October 2018 and 9th June 2022.

Signed: -----
Chairperson of the Board of Management

Signed: -----
Principal

Date: -----

Healthy Eating Policy

Our Healthy Eating Policy was devised in line with Food & Nutrition Guidelines for Primary Schools set out by the Department of Health and Children. Research suggests that attention and concentration levels improve with the consumption of nutritious food. We already have in place a Healthy Lunch Policy where children bring in healthy lunches each day with treats allowed only on Fridays.

Suggestions for lunch boxes:

Types of bread	Fillings	Fruit	Vegetables	Drinks
Brown bread	Tuna & sweetcorn	Apples	Carrots	Milk
Scones	Ham	Bananas	Celery sticks	Water
Pitta bread	Chicken	Pears	Sliced peppers	Fruit juice
Bagels	Turkey	Grapes	Cucumber	
Rolls Crackers	Salad	Dried fruit	Sweetcorn	
	Tomato & lettuce	Nuts		
	Cheese	Peaches		

	Coleslaw	Mandarins Fruit salad Oranges Plums		
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Other Suggestions: Yogurt, popcorn, quiche and rice.

Educational Links to Promote Healthy Eating:

HSE Website

<https://www2.hse.ie/wellbeing/healthy-eating-for-families.html>

Safe Food Website

<https://www.safefood.net/family-health/children>

Bord Bia Website

<https://www.bordbia.ie/nutrition/primary-school-children/>


Food Dudes Programme Website

<https://www.fooddudes.ie/>

PDST Website

<https://www.pdst.ie/node/6424>

Food Pyramid – H.S.E. Website

Healthy Food for Life www.healthyeireland.ie 

The Food Pyramid For adults, teenagers and children aged five and over

Not recommended for good health.

Needed for good health. Enjoy a variety every day.

Foods and drinks high in fat, sugar and salt (Top level): NOT every day. Maximum once or twice a week.

Fats, spreads and oils (Second level): In very small amounts.

Meat, poultry, fish, eggs, beans and nuts (Third level): 2 Servings a day.

Milk, yogurt and cheese (Fourth level): 3 Servings a day. (5 for children age 9-12 and teenagers age 13-18)

Wholemeal cereals and breads, potatoes, pasta and rice (Fifth level): 3-5 Servings a day. (Up to 7* for teenage boys and men age 19-50)

Vegetables, salad and fruit (Sixth level): 5-7 Servings a day.

***Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice**

Active	Child (5-12)				Teenager (13-18)				Adult (19-50)				Adult (51+)			
	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4	3	3-4	3-4	3	3-5	5-7	5-7	4-5	3-5	5-7	5-7	4-5
	3-5	5-7	5-7	4-5	3	3-4	3	3	4-5	5-7	5-7	4-5	3-5	5-7	5-7	4-5

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Source: Department of Health, December 2016.