



SCOIL MHUIRE

ROBINSTOWN PRIMARY SCHOOL

Baile Róibín, An Uaimh, Co. na Mí • Robinstown, Navan, Co. Meath

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Policy on Healthy Lunches

Nutrition Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at RobinstownNS 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).

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).

Rationale:

- Healthy eating in childhood:
- Can help improve performance in class and at play.
- Can help improve concentration.
- Meets children's nutrient requirements for growth and development.
- Encourages good eating habits for life.

Aim:

- We aim to ensure that the food and drinks included in children's' school lunches promote the health and well-being of all pupils in RobinstownN.S.
- Objectives:
- It is our goal to encourage healthy choices when preparing children's lunches, considering optimum nutrition for their school day.
- We wish to promote a positive attitude to food and that all foods have a place in a balanced diet.
- Healthy foods such as fruit, vegetables, bread and dairy products are foods to be enjoyed as part of a balanced diet and to maintain concentration and focus throughout the school day.

Guidelines for Healthy Lunch Policy:

The policy provides guidelines and recommendations in accordance with the most recent food pyramid so that informed choices are made when deciding which foods to include when making balanced, nutritional lunches for children. A healthy school lunch box should contain servings from each of the shelves of The Food Pyramid as outlined below



Some healthy drink and snack suggestions we encourage are provided on the link below:
[www.safefood.eu/Education/Primary-\(ROI\)/Healthy-lunchboxes.asealthy](http://www.safefood.eu/Education/Primary-(ROI)/Healthy-lunchboxes.asealthy) px

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. Here are some options for a healthy lunch;

Drinks:

Water or Milk

Breads & Alternatives:

Bread or rolls, scones, rice cakes, crisp breads, bread sticks, pitta breads, wraps, pancakes and plain buns.

Savouries:

Lean meat, turkey/chicken, tinned fish, cheese, pasta, rice, potato salad.

Fruit & Vegetables:

All fruit, dried fruits and vegetable sticks.

We ask that children do not bring the following to school:

- Crisps
- Sweets
- Biscuits (Crackers allowed)
- Chocolate
- Bars
- Cereal Bars
- Soft drinks
- Yogurts

Drinks throughout the day:

Children have permission to sip on a drink throughout the day to keep them hydrated. This drink should be water. Juices should only be taken at break times with food. Children are not permitted to bring in smoothies , fruit drinks or yoghurt drinks.

Parents:

This policy can only be implemented with the full support of parents. We make parents aware of the policy when they enrol their children. We also speak about our healthy eating policy at the open evening for parents of new entrants to the school.

Green Schools:

Children are asked to take home all rubbish from their lunch in their lunch box each day.

What if children bring discouraged food/drinks to school?

They will be asked to eat them when they get home and asked not to bring them again. If pupils persist in bringing unhealthy food to school then a meeting with the child's parents will be sought to discuss the matter.

NB. Allergies: Due to a number of severe allergies to nuts in the school all nuts and related products are prohibited on the school premises. This includes spreads that contain nuts such as peanut butter. If your child has a particular feeding routine, special dietary requirements or food allergies, you must bring this to the attention of the school and your child's teacher as a matter of urgency.

Treat Days: Sweet treats are only allowed to be brought in on special occasions at the discretion of the class teacher or school. Other rewards such as stickers, no homework, extra PE/break-time etc. are encouraged as a more appropriate reward system. While sweet treats are permitted on some occasions or outings, healthy choices are always encouraged. Also, birthday treats such as cakes, sweets and other items should be kept for celebrations outside of school.

Signed on behalf of the Board of Management:

Chairperson _____

Date: _____