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# SCOIL MHUIRE

## ROBINSTOWN PRIMARY SCHOOL

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

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### **HEALTHY EATING GUIDELINES**

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

To promote healthy eating habits in our school we introduced a healthy eating policy in the school.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients.

The following guide is designed to help you provide quick, appetising and nutritious lunches for your children.

#### **Bread & Alternatives**

Bread or rolls, preferably wholemeal  
Rice – wholegrain  
Pasta – wholegrain  
Potato Salad  
Wholemeal Scones  
Bread sticks  
Crackers  
Pitta Bread

#### **Fruit & Vegetables**

Apples, Banana, Peach  
Mandarins, Orange segments  
Fruit Salad, dried fruit  
Plum, Pineapple cubes  
Grapes  
Cucumber, Sweetcorn  
Tomato  
Coleslaw

#### **Savouries**

Lean Meat  
Chicken/Turkey  
Tinned Fish e.g. tuna/sardines  
Cheese  
Quiche  
Pizza

#### **Drinks**

Water (preferred option)  
Fruit juices  
Squashes i.e. low sugar  
Yoghurt (1<sup>st</sup> to 6<sup>th</sup> Class only)

**Yogurts, Yogurt drinks, Frubes, Custard, Jelly and such food are not allowed in Junior and Senior Infants due to the many accidents that occur with these items. They are allowed in the other classes.**

**Fruit Break:** Children are encouraged to bring an extra piece of fruit to school on Tuesday and Thursday. They will have a fruit break during the course of the day. The time will be decided by individual class teachers.

**Vegetable break:** On Wednesday children are encouraged to bring a chosen vegetable to school. Individual class teachers will decide on the time of the vegetable break.

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

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices etc)
- Sweets
- Chocolate biscuits/bars
- Cereal bars, rice krispie squares, breakfast bars etc.
- Chewing gum
- Fruit winders
- Popcorn

**Treat Day**

Friday will be our treat day eg. Fun size bar fun size haribos 2 biscuits small bun

In keeping with our **green school** ethos we aim to reduce our waste

With this in mind, children are also asked to:

- take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- put only fruit peel into the compost bins
- not bring in cans and glass – for safety reasons.

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

Bon appétit.