



**Nun's Cross
National School**

Healthy Eating Policy

Through this policy Nun's Cross National School aims to help all those in our school community; children, staff and parents, in developing positive and responsible attitudes to eating, to appreciate the contribution that good food makes to health and to promote a culture of healthy eating within the school community.

These aims will be achieved by

- providing clear guidance in relation to suitable school lunches/snacks;
- giving parents suggestions and tips on appropriate foods and portion sizes;
- Incorporating the healthy eating message into the school day through both formal and informal lessons.

All children bring a packed lunch to school in addition to a snack for the morning break.

It is the policy of our school that:

- Healthy lunches are encouraged and fizzy drinks, sweets, bars, chocolate and crisps be discouraged.
- Cans and glasses are not permitted for safety and litter reasons.
- Foods, which have wrappers, are best kept to a minimum. All food wrappings must be brought home and we encourage the use of lunchboxes and reusable bottles for drinks.

Healthy lunch suggestions

Lunches should be composed of a variety of foods and include at least one item from the different food groups. For example there should be something in the lunch box from:

- Fruit and Vegetable group
Some typical choices are a whole fruit, a fruit juice drink, vegetable soup, salad, or cooked/raw vegetables.
- Cereal group

- Foods such as bread, rice, pasta, potatoes, bagels, pancakes or pitta bread.
- Dairy group
Milk, cheese or yoghurt.
 - Protein-rich food
Meat, chicken, fish, egg, beans, peas, lentils or cheese.

The following list is examples of some of the foods that are not allowed:

Crisps	All Biscuits
Pringles	Sweets
Popcorn	Cakes
Nuts	Buns
Cans of fizzy Drinks	Kiwi- severe allergic reaction.
Sports Drinks	Chewing gum
Lollipops	Pot Noodles
Sugar filled sports bars (i.e. Rice Krispies bars, Special K bars ..)	

Staff

- Staff are aware of the healthy eating policy in the staffroom

Monitoring

- Discuss the contents of school lunch boxes in class.

Sustaining and strengthening the Policy within the school.

- Praise and affirmation.
- Reminders on school letters/newsletters throughout the year.
- Inform all new staff of the policy.
- Ensure that the guidelines are clearly displayed.

Review date:

June 2018

Signed: _____ Chairman of the Board of Management

Date: _____

