



## St. Columba's N.S.,

Tullow, Co. Carlow,

R93 R266.

Roll Number: 13607M

Telephone: 059 9151873

**Email:** [info@stcolumbasnstullow.com](mailto:info@stcolumbasnstullow.com)

**Website:** [stcolumbasnstullow.com](http://stcolumbasnstullow.com)

### **Healthy Eating Policy**

As part of the Social, Personal and Health Education (SPHE) Curriculum, at St. Columba's 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 (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.

#### **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.

We ask you to encourage healthy eating in lunchboxes.

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



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### **Bread & Alternatives:**

bread, rolls, rice, pasta, scones, bread sticks, crackers, pitta bread, etc.

### **Savouries:**

Lean meat, chicken, turkey, tinned fish, cheese, quiche, etc.

### **Fruit & Vegetables:**

Apples, bananas, peach, mandarins, orange segments, fruit salad, dried fruit, plum, pineapple cubes, grapes, cucumber, sweetcorn, tomato, etc.

### **Drinks:**

Water, milk, fruit juices, squashes, yoghurt, etc.

### **Milk:**

Growing children should get approximately one pint of milk a day, or its equivalent as cheese or yoghurt. 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.*

- Crisps
- Fizzy and energy drinks
- Sweets
- Chocolate biscuits/bars
- Pre-packed cereal bars

### **Treat Day:**

Friday will be our treat day. On this day, children may include food from the list outlined above.

### **Please note chewing gum is not permitted in school.**

So as to take a proactive approach to healthy lunches, staff will from time to time, reward children who can show a piece of fruit or other healthy foods in their lunchboxes.