

# ST.BRIGID'S GNS, KILLESTER, DUBLIN 5

[www.stbrigidsgns.ie](http://www.stbrigidsgns.ie)

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As part of the Social, Personal and Health Education (SPHE) Programme, at *St. Brigid's Convent NS* 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 starting from February 2016.

## **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 (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

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

### **Savouries**

Lean Meat

Chicken/Turkey

Tinned Fish e.g. tuna/sardines

Cheese

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Wholemeal Scones                      Quiche

Bread sticks                              Pizza

Crackers

Pitta bread

## Fruit & Vegetabl

Apples, Banana, Peach

Mandarins, Orange segments

Fruit Salad, dried fruit

Plum/Pineapple cubes

Grapes

Cucumber, Sweetcorn

Tomato,

Coleslaw.

## Drinks

Still Water

Fruit juices (low sugar)

Squashes (low sugar)

Yoghurt

Milk

## Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead. Dublin City Council provide us with free milk and fruit daily as part of their health promotion programme. This is available to every child in the school.

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

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc.)
- Sweets
- Chocolate biscuits/bars
- Cereal bars
- Chewing gum
- Fruit winders
- Hot deli food
- Popcorn
- Nuts
- Nutella

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

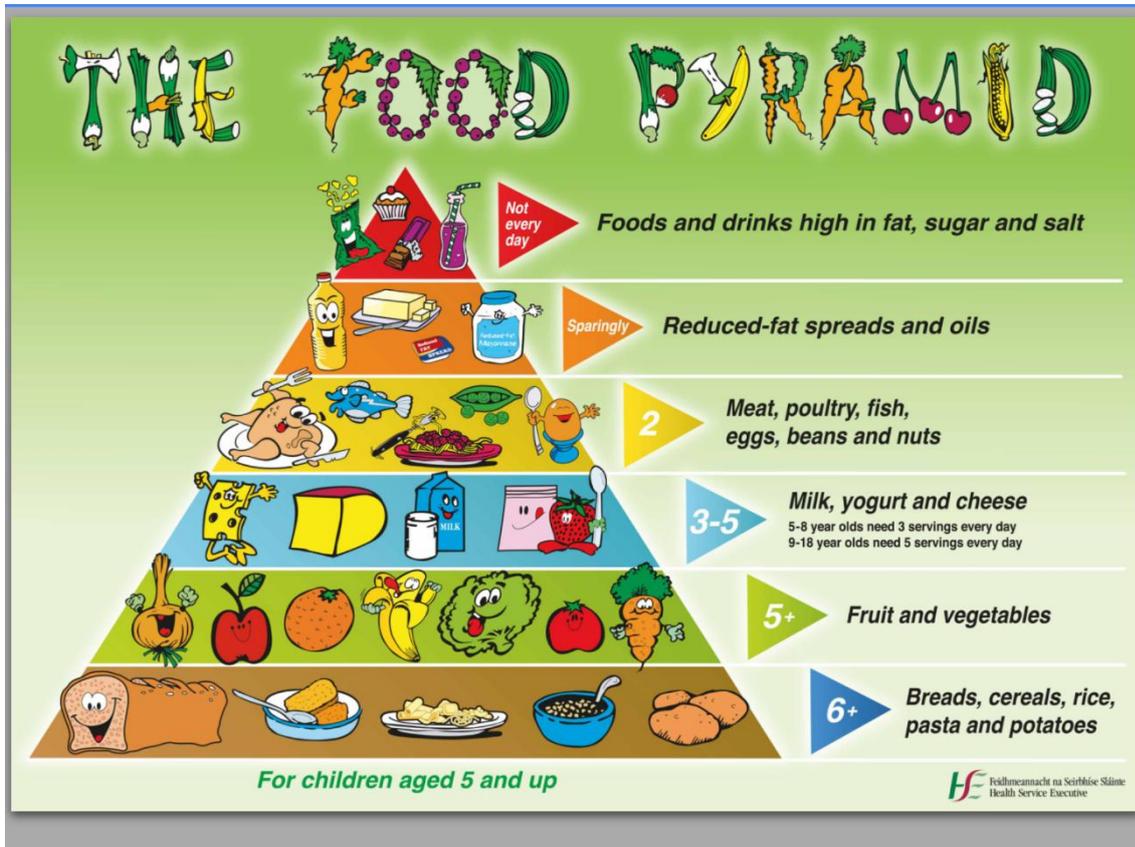
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A very simple approach to healthy eating is to use the Food Pyramid



## **TREATS**

There will be times during the year when treats will be allowed.

## **GREEN FLAG SCHOOL**

Our green school motto is:

**Think Before You Put It In. Always Use the Recycle Bin.**

With this in mind children are asked to:

- Take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons
- 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.**

**This policy was ratified by the Board of Management on: 25<sup>th</sup> May 2016**

**It will be reviewed in: May 2019**

**Signed: Vincent Conway**

**Chairperson, Board of Management**