



St. John of God Primary School



Healthy Eating Policy

St. John of God G.N.S.

Healthy Eating Policy

At a meeting of the Parents' Association on April 22nd 2004 it was requested that a Healthy Eating Policy be established. Having implemented the policy for the last eight years, it was then reviewed and amended by staff on May 1st 2012. The opinions of the staff, Parents' Association and pupils have informed this policy.



Lunch is an important meal for school-going children and should provide one third of their recommended daily allowance of nutrition, without being high in fat, sugar or salt. It is hoped that our pupils' overall health and well-being will improve as a result of this policy. To achieve this, we look forward to having the full support of all parents in its implementation.

As a green school, we teach our pupils to be conscious of the amount of packaging used on their lunches. Using a lunchbox and a refillable container for drinks is preferable and more environmentally friendly.

Aoife McNicholas (Principal)



Aims:

- To improve the nutritional quality of school lunches.
- To promote exercise and healthy living among the children.
- We propose to do this through education and guidance towards healthy food and lifestyle choices.

Food Choices:

Everyday is a healthy lunch day.

Try using the three bottom shelves of the food pyramid when making your child's lunch.

The food portions should be appropriate to the child's age. The children eat outside during little break and only need something small at this time. Children eat inside for big break.

A healthy lunch may contain:

Sandwich, Roll, Bagel, Wrap, Bread, Crackers, Pasta, Couscous, Scone, Rice, Meat, Fish, Cheese, Egg, Salads, Vegetables, Fruit, Yoghurts and Soup.

Milk and water.



Food and drinks NOT allowed:

Crisps, popcorn, peanuts or other salty snacks

Fizzy or diluted drinks.

Biscuits, cake, bars, chocolate, sweets, chewing gum, cereal bars and chocolate spread.

***Our school will have treat days on special occasions throughout the year:**

For example, children may bring in a small treat on occasions like Halloween, Christmas, Easter, School Tour and the Summer Holidays.

Lifestyle Choices

Recommended by pupils

- ✚ Join an activity club.**
- ✚ Walking, running, swimming, cycling, camogie, football, tennis, basketball, dancing.**
- ✚ Adequate sleep and less television.**
- ✚ Fitness on the school yard during break times e.g. using the yard equipment to play fun games.**



Sample 5 Day Lunchbox Planner

Monday:

1 medium breadroll +  + Carrot sticks + yogurt



Tuesday:

1 small pitta bread +  + Wholemeal scone + melon



Wednesday:

2 slices of bread with +  + 2 crackers + Raisins + and cheese



Thursday:

2 slices of bread with +  + Fruit in its own juice + Yoghurt +



Friday:

Tortilla wrap with +  + Small tub of fruit +  +



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