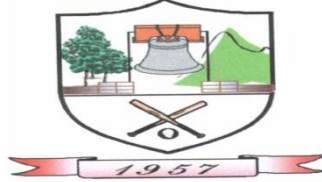


RAHEEN N.S.

Scoil Náisiúnta Ráithín



HEALTHY EATING POLICY

June 2016

Introductory Statement:

The focus of this policy is to support parents' and pupils in relation to healthy eating habits from an early age.

This policy is linked to SPHE; taking care of my body – food & nutrition and making choices.

Objectives:

- To help parents and children to make healthy food choices.
- To improve concentration, energy levels and overall health and well-being.
- To help children maintain healthy teeth and gums.
- To develop an awareness of nutrition i.e. ingredients of food.

Guidelines:

A healthy lunch-box might contain a piece of food from the 4 lowest levels of the Food Pyramid.



i.e.

- A meat/cheese/salad roll sandwich or wrap.
- One/two pieces of fruit
- A yogurt/yogurt drink
- Water/milk/smoothie/unsweetened fruit juices.

Suggestions:

Snacks: Muffins, raisins, scones, raw vegetables, fruit, dried fruit, yogurt, crackers, pasta, rice, rice cakes.

The following foods are not considered part of a healthy diet and are not allowed; **cereal bars, biscuits, sweets, chocolate, jellies, crisps, fizzy drinks chewing gum, snack bars, winders, popcorn.**

For Health & Safety reasons nuts and nut products are strictly forbidden.

On Friday, the children may avail of “**Hot Food**” which is subsidised by a 50% grant. Choices include Panini’s (with a choice of fillings) and Chicken Goujons. The current cost of the Friday Food is:-

Junior Infants – 2nd class	75c per week
3rd – 6th class	€1.50 per week

The money for Friday Food is collected on a term basis in September, January and April and is collected at the beginning of each term.

No credit will be given for those absent on any particular Friday.

This policy was ratified by the B.O.M. on _____

Chairperson: _____

Principal: _____