



Canon Sheehan Primary School, Doneraile

Healthy Eating Policy

As part of the Social, Personal and Health Education (S.P.H.E) Programme 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.)

The aim of this policy is to ensure the children eat a healthy well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life.

Our School is a NUT FREE ZONE- NO NUTS or NUT PRODUCTS, CHOCOLATE SPREAD or CEREAL BARS allowed.

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.

Canon Sheehan Primary School provides a school lunch scheme funded by the Government

Each day the School Lunch Scheme supplied by Glanmore Foods, provides:

- Choice of sandwiches/rolls/baps/wraps and fillings or
- Choice of pasta or crackers and cheese
- Choice of fruit and vegetables: apples, satsumas, bananas, grapes, carrot sticks.
- A bottle of water

Check your child's lunch bag each day to ensure the lunch is eaten. Uneaten lunch may indicate the need to go online (www.glanmorefoods.ie) with your child's pin number and change your child's lunch choices. Pin Number is on the top right hand corner of the school menu sent home with your child at the beginning of the year.



The children are encouraged to eat all of their Glanmore Foods lunch before they eat any supplementary lunch.

The **guide** on the following page is designed to help parents provide a choice of quick, appetising and nutritious snacks for their children to compliment the school lunch scheme if you wish.

Eating smart means eating different foods in the right amounts. Use the **Food Pyramid** as a guide for choosing the right foods in the right amount.

As a green school we encourage the children to reduce, reuse and recycle litter and waste from their lunches. Each child is responsible for bringing home their own lunch waste and uneaten lunch in a lunch box or in their lunch bag.

Signed: _____

Chairperson Parents Council

Date: _____

Signed: _____

Chairperson Board of Management

Date: _____

