



Healthy Eating Policy

Through this policy Nun's Cross National School aims to help all those in our school community; children, staff and parents, in developing positive and responsible attitudes to eating, to appreciate the contribution that good food makes to health and to promote a culture of healthy eating within the school community.

More specific Aims/Objectives

- ♣ To help children improve concentration, learning and energy levels
- ♣ To support parents and children make healthy, enjoyable decisions around food.
- ♣ To promote education on healthy eating and diet through the Social, Personal and Health Education (SPHE) curriculum.
- ♣ To support the school's environmental policy – reusable containers, minimise wrappers.
- ♣ To protect the health and safety of children with serious food allergies.

These aims will be achieved by

- providing clear guidance in relation to suitable school lunches/snacks;
- giving parents suggestions and tips on appropriate foods and portion sizes;
- incorporating the healthy eating message into the school day through both formal and informal lessons.

All children bring a packed lunch to school in addition to a snack for the morning break.

It is the policy of our school that:

- Healthy lunches are encouraged and fizzy drinks, sweets, bars, chocolate and crisps be discouraged.
- Cans and glasses are not permitted for safety and litter reasons.
- Foods, which have wrappers, are best kept to a minimum. All food wrappings must be brought home and we encourage the use of lunchboxes and reusable bottles for drinks.

Healthy lunch suggestions

Lunches should be composed of a variety of foods and include at least one item from the different food groups. For example there should be something in the lunch box from:

- Fruit and Vegetable group
Some typical choices are a whole fruit, a fruit juice drink, vegetable soup, salad, or cooked/raw vegetables.
- Cereal group

- Foods such as bread, rice, pasta, potatoes, bagels, pancakes or pitta bread.
- Dairy group
Milk, cheese or yoghurt.
- Protein-rich food
Meat, chicken, fish, egg, beans, peas, lentils or cheese.

For additional ideas, please see our healthy lunchbox guide as shared by Foundation Health which is on the school website at <https://www.nunscross.ie/healthy-eating>.

The following list is examples of some of the foods that are not allowed:

Crisps	All Biscuits
Pringles	Sweets
Popcorn	Cakes
Nuts	Buns
Cans of fizzy Drinks	Kiwi- severe allergic reaction.
Sports Drinks	Chewing gum
Lollipops	Pot Noodles
Sugar filled sports bars (i.e. Rice Krispies bars, Special K bars ..)	

Packaging

As a proud Green School, we are acutely aware that the decisions we make have a huge impact on the environment, and we are eager for Nuns Cross N.S. to cut down on our plastic waste. In relation to lunches we are asking for you to consider the following...

- 1... Invest in a **reusable water bottle**
- 2... Use a **lunch box** instead of cling film or a plastic bag
- 3... Use **pencils** and **crayons** instead of plastic twist crayons and pens
- 4... Swap plastic cartons of milk for **Tetra Pak**
- 5... **Avoid plastic straws!** Use a paper or metal straw instead
- 6... **Encourage friends** and **family** to go plastic free too

SPHE and Curriculum

Teachers will ensure that they cover the full SPHE curriculum each year. All classes from Junior Infants to 6thClass learn about healthy eating through SPHE and other subjects in the curriculum.

Allergies

In order to protect children with allergies, the school must enforce the banning of certain food items. In Nuns Cross NS we have a number of students with nut allergies. The list of banned foods are provided in the appendix of this policy. For more information see our nut and allergy awareness policy.

Monitoring

- Discuss the contents of school lunch boxes in class.

Sustaining and strengthening the Policy within the school.

- Praise and affirmation.
- Reminders on school letters/newsletters throughout the year.
- Inform all new staff of the policy.
- Ensure that the guidelines are clearly displayed.

Review date:

January 2023

Signed: _____ Chairperson of the Board of Management

Date: _____

Appendix 1

Nun's Cross N.S. is a nut free school in order to protect students in attendance from anaphylaxis. Please see below a list of identified foods which are prohibited in our school.

1. Almonds
2. Brazil nuts
3. Cashews
4. Chestnuts
5. Hazelnuts
6. Macadamias
7. Mixed nuts
8. Peanuts
9. Pecans
10. Pine nuts
11. Pistachio nuts
12. Walnuts
13. Nut filled chocolate spreads (eg Nutella or other brand)
14. Nut butters
15. Pestos (usually contains pine nuts or cashew nuts)
16. Breakfast cereals and muesli bars containing nuts
17. Hummus
18. Chocolate containing nuts (eg. Snickers bars)
19. Baklava, Greek pastry (walnut or peanut)
20. Marzipan (almond)
21. Praline (usually hazelnut)
22. Nut biscuits such as amaretti, macaroons
23. Florentines (almond)
24. Nut milk (eg. Almond milk)
25. The flower Lupins

Overview of nut policy

- Besides the list of foods not allowed, it is important that children wash their hands well before school if they have had nuts in the morning.
- On Fridays, extra caution is necessary to ensure no nut products make their way into school.
- Birthday treats in the form of food are also not permitted. If parents wish, a small pack of bubbles or some small gift may be given to children.

