

Carrig National School

The Healthy Eating Policy (2009)

The aim of this Policy is to promote healthy eating which is very important to the mental (concentration behaviour etc.) and physical (bones, teeth, stamina etc.) well being of our children.

- A healthy lunch box consists of an option from each of the four lower shelves of the food pyramid (copy attached)
- A lunch box should include sandwiches, rolls, baps, crackers filled with cold meats, cheese, eggs, tinned fish, peanut butter, salads or a mixture of the above.
- Potato salad, mixed salads in separate containers are also options.
- Small breaks should include fruit, yoghurts, crackers/cheese, scones, plain queen cakes (all homemade), nuts (1st to 6th classes only where no child with a nut allergy is in the class.)
- Carbonated (fizzy) drinks are banned.
- Recommended drinks are water, milk or unsweetened fruit juices.
- Fridays only are our treat days, on this day we can include one bar or sweet snack, which are banned from Monday to Thursday.
- Children on special diets for health reasons will be accommodated.

The Policy is supported by Teachers, Parents Council and by SPHE. It will be reviewed annually.

The initial policy was formulated by a group of parents, children and a teacher under the professional guidance of a dietician Ms. K. Finn.

Policy review September 2009.

Reviewed in November 2012

Reviewed in October 2016.

" " Nov 20/1/18

" " October '2021 (T.S.)

Policy on School Lunches

Carrig N.S. staff and parents agreed on a healthy eating policy. To this end, pupils are expected to bring a healthy lunch to school each day i.e. sandwiches, yogurt, fruit e.t.c. fizzy drinks and sweets / crisps are not allowed.

The children may bring a treat to school on Fridays.

Children spend a short portion of recreation time eating lunches in class before going out to play in the yard.