

Donoughmore National School

# Healthy Eating Policy



Introduction



Eating habits throughout life are established at a young age.

Therefore learning to choose and enjoy different foods in childhood provides the foundation for healthy food choices in adulthood.



### Aims of Policy

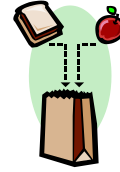
- to support families in their efforts to foster healthy eating habit.
- to promote lifelong healthy eating habits.
- to promote nutrition awareness i.e. ingredients in foods such as taytos, drinks etc.
- to support school environmental policy - Reduce, Re use, Recycle i.e. bringing drinks in re usable bottles, minimising wrappers etc.
- to minimise with the ultimate aim of eliminating 'junk food' by increasing consumption of healthier options.



Research suggests that nutritious food enhances:

- child's health - ensuring healthy body, shiny hair, strong bones, good teeth, beautiful skin.
- child's concentration and attention levels
- energy levels leading to improved physical

activities performance i.e. sports / games.



## Suggestions for Healthy Lunches

Lunch Box to include:

Sandwich - bread, bagels, rolls, pitta pockets  
baps, rice cakes, croissants, wrap



Fillings - meat, cheese, lettuce, tomato,  
banana, tuna, peanut butter, jam  
apple / cheese tofu  
low fat dressings/sauces  
Add taste & variety to sandwiches



Salads

- vegetable salad ie carrot sticks,  
fruit salad in re sealable boxes



Snacks

- fresh fruit, yoghurt, dried  
fruit - raisins/sultanas,  
cheese triangles/strings,  
cereal bars (not chocolate covered)  
plain / fruit biscuits



Drink

- unsweetened pure fruit juice,  
diluted sugar free drink, milk,  
water

Above are suggestions, let us know your favourite healthy options.

**Not to be included:**

Fizzy Drinks, Taytos, Chocolate, Chewing Gum, Popcorn (healthy but as an after school option)

Treats acceptable on Special School Occasions.  
Policy will be reviewed at end of first term and on a regular basis thereafter.